



# CITRUS CLOVE POMANDERS

## History

To stave off odor in medieval times the wealthy elite wore ambergris necklaces, a rare and expensive perfume ingredient found in the stomach lining of whales. “Pomander” is derived from the French term *pomme d’ambre*, meaning ‘apple of amber,’ which was coined to describe the ambergris necklaces. Lower classes made little sachets of perfume not out of ambergris but out of more affordable flowers and spices. Eventually, pomanders were brought into the home rather than worn on a person, and the orange and clove version was popularized during the Victorian era as decoration. Pomanders are a great symbol of good health and luck, which lends to their popularity during the winter holidays.

## Ingredients & Directions

Pomanders are easy for people of all ages to make. Create interesting patterns on the orange by pressing the pointed end of cloves into the peel. Try wrapping your finished pomander with ribbon so you can hang them up or placing them in a drawer to perfume fresh laundry. Pomanders will last about three weeks in a cool, dry environment.