



Cornell University Cooperative Extension



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Making Sachets and Catnip Bags

What You Need to Know

Sachets have been historically appreciated for their sweet fragrance. Sachets can be used to freshen participants' rooms, and can also be given as gifts. This activity does not require a high level of dexterity, and because of the fragrance of the potpourri, it is enjoyed by people with visual impairments. Making the cloth bags that contain the potpourri does increase the project's level of complexity. If cloth bags are made in advance, the sachets can be completed relatively quickly (depending on the group, within 20 minutes to 112 hour).

Advance Preparation

Prepare potpourri (previous activity) several weeks in advance so that all the ingredients have dried thoroughly. Cloth bags can be purchased, made in advance by volunteers, or made within the group as an additional activity.

Materials Needed

For each sachet:

7 x 22 inch piece of cotton calico or chintz fabric; although the bags can easily be made larger or smaller. (Make sure the bag size is large enough so the opening is easy to fill.)

1 - 2 cups of potpourri

1/2 yard of narrow satin ribbon to match the fabric

Several small stems of dried flowers, such as lavender or baby's breath

One large dried flower, such as a rose or strawflower

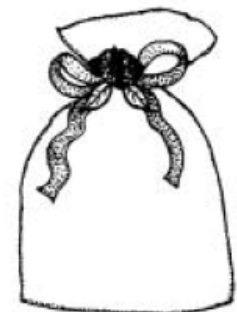
Glue

Making the Cloth Bags

Fold the fabric in half to form a vertical rectangle, with the right sides facing one another. Sew the two side seams with 1/2 inch seam allowance. Turn the bag right side out. Fold 2 inches of the top raw edge inward, forming a hem (no need to sew it), and iron the bag smooth.

Making the Sachets

Fill the sachet with potpourri using a small scoop or large serving spoon. This part of the project can be hard to do, so try some of these strategies: Use masking tape to lightly fasten the top edge of the bag to a funnel with a wide opening (like a funnel that is used for home canning); Cut off the bottom of a large sturdy paper or styrofoam drinking cup and use it as a funnel, taping the bag to the cup with masking tape; or use a buddy system, with one person holding the bag and the other person filling it. Tie the bag closed with the satin ribbon, and tie into a bow. Decorate the sachet by glueing the dried flower material to the bow (see illustration). Glue the stems of flowers to the center of the bow; hide the stem ends by glueing the single bloom over the top.



Catnip Bags

Advance Preparation

You will need to prepare bags in advance as you did for the sachet activity, although no satin ribbons or dried blossoms are used. Fresh catnip will need to be gathered prior to the session. Although you can buy it, you can often find this minty weed growing abundantly, wild and around old farmsteads.

Drying the Catnip

Have participants tear the leaves from the stems, placing the leaves in cardboard trays for drying. Place the trays in a warm, dry place, turning the leaves each day so that they dry evenly.

Filling the Catnip Bags

After the leaves have fully dried, you can fill the sachet bags. Have participants crush the leaves with their hands. Use the same strategies suggested in the sachet activity to help participants fill the bags with dried catnip leaves. Fill the bags. Do not tie with string or ribbon, since cats can (will!) detach and consume the trim. Instead, stitch each bag shut. These make great gifts for cat lovers!

Materials Needed

fresh catnip
sachet bags
cardboard trays for drying
needle and thread

