

# Herbal Parenting Hangout Week Two

with Kristine Brown, RH (AHG)



You can email me questions for upcoming hangouts at: [info@herbalrootszine.com](mailto:info@herbalrootszine.com)

Don't forget to [sign up for our free weekly newsletter](#) that will send out tips for working with kids, recipes, crafts and other fun activities, as well as the Chocolate issue!

Herbal Roots zine links:

Shop for past issues: <https://www.herbalrootszine.com/product-category/shop/>

Online Classroom: <https://www.herbalrootszine.com/classroom/>

Herbal Recipe: [Making Herbal Vinegars](#)

Pocket Herbarium for kids: <https://www.herbalrootszine.com/articles/make-a-herbarium/>

App for plant companions:

Seed to Spoon <https://www.seedtospoon.net/>

Books mentioned this week:

[The Organic Artist for Kids](#) by Nick Neddo

[Shanleya's Quest: A Botany Adventure For Kids Ages 9 to 99](#) (book and card deck) by Thomas J. Elpel

[Botany in a Day](#) by Thomas Elpel

[Wild Drinks and Cocktails](#) by Emily Han

### **Herbal Craft: Violet Flower Dye**

Collect a jar full of Violet flowers, screw on the lid and freeze them for 2-3 days.

To dye fabric, pour the flowers out onto the fabric (natural fibers such as silk, cotton, wool or linen work best), fold the fabric in half then roll up on a copper pipe.

Squeeze the fabric (you may want to wear gloves for this part) and Violets to press out all the color onto the fabric. Let the fabric sit and dry. Do not wash or it will fade.

To make an ink, place the flowers in a mesh bag and squeeze the liquid into a jar. You can use a paintbrush to write or paint with.



Weekly hangouts are hosted by The American Herbalists Guild  
<https://www.americanherbalistsguild.com/webinar/virtual-hangout-parents>

**Join us each week:  
April 8, 15, 22, 29    May 6, 13**