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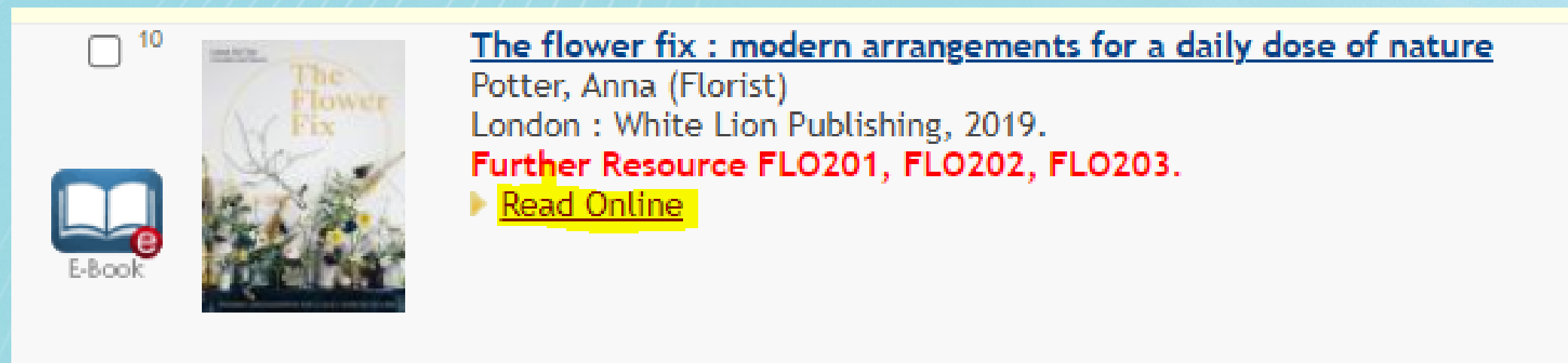
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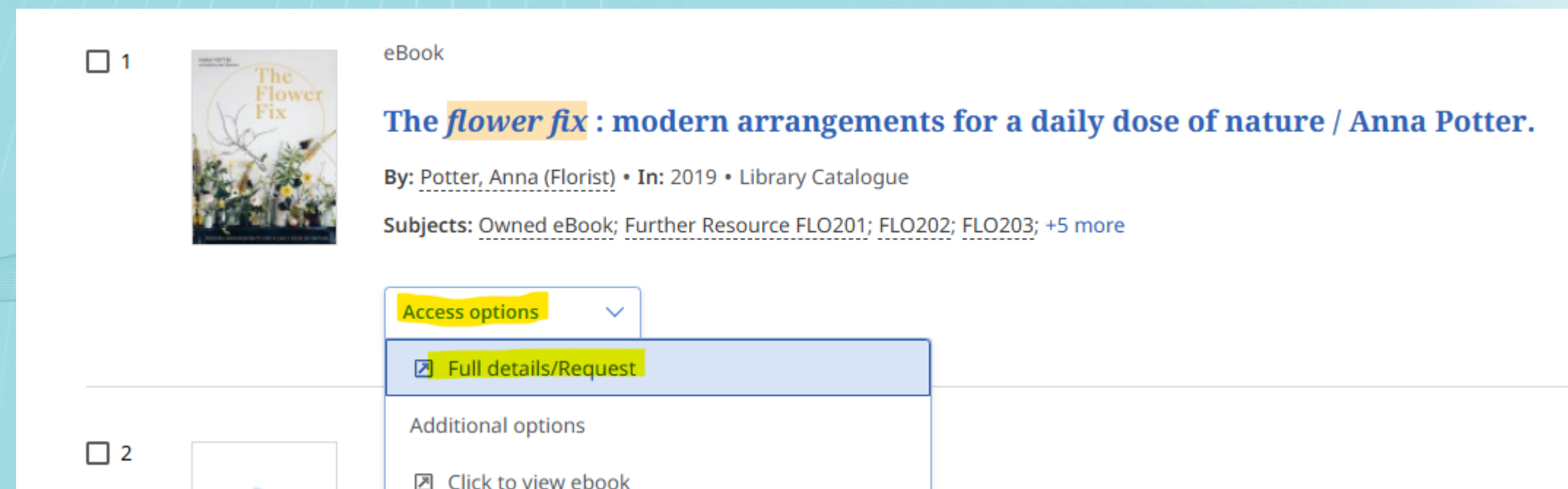
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### The Flower Fix : Modern Arrangements for a Daily Dose of Nature

Anna Potter and India Hobson

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#### Description

The Flower Fix presents wild inspiration and modern arrangements by Swallows and Damsons florist Anna Potter, with beautiful photography by India Hobson. Blousy blooms, speckled branches, rich foliage and delicate petals; nature has the power to inspire and energise, calm and soothe, focus and still. Anna has harnessed this magic with 25 tailor-made combinations of flowers to bring a floral boost to your home. [Show more](#)



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**The Flower Fix : Modern Arrangements for a Daily Dose of Nature**  
Anna Potter and India Hobson


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**Description**

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### Taking Your Time

Creating to foster patience

'Nature, time and patience are the three great physicians.'  
H. G. BOHN

*Observing the seasons can inspire patience, telling the age-old story of miraculous death and rebirth. The display combines a man-made, conventional way of telling time with that of nature's counterpart.*

Ever fleeting, always changing, shifting with the seasons: flowers weren't made to last. Time spent in admiration and observation is time well spent. The study of the life cycle from seed to mature growth, full bloom to decay is something that resonates throughout the natural world.

The 'slow flower' movement promotes the use of sustainable and locally grown flowers that are 'field-to-vase' rather than mass-produced and imported. Familiarity with the person who passionately grew the flowers, the place in which they are grown, the floral designer who arranges them and, finally, the customer, creates a powerful and personal chain of connections that has great meaning in today's fast-paced world.

In one of my favourite books, *The Little Prince*, the author Antoine de Saint-Exupéry writes that it is the time we put into caring for plants and flowers that makes them so important. The journey these flowers have already undertaken is vast, the process of arranging takes patience, and the length of time for which the flowers will bloom is short. This arrangement draws attention to the juxtaposition between time and effort spent for such short-lived beauty. It is a poignant reminder not to rush, to take time in the moment and to enjoy the practice as much as the result.



Small vessel, Wedgwood or similar style

Flower Fix : Modern Arrangements for a Daily Dose of Nature

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Flower Fix : Modern Arrangements for a Daily Dose of Nature

by Anna Potter , and India Hobson


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Quarto Publishing Group UK


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2019-05-30

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ANNA POTTER  
*of Swallows and Damsons*

The Flower Fix



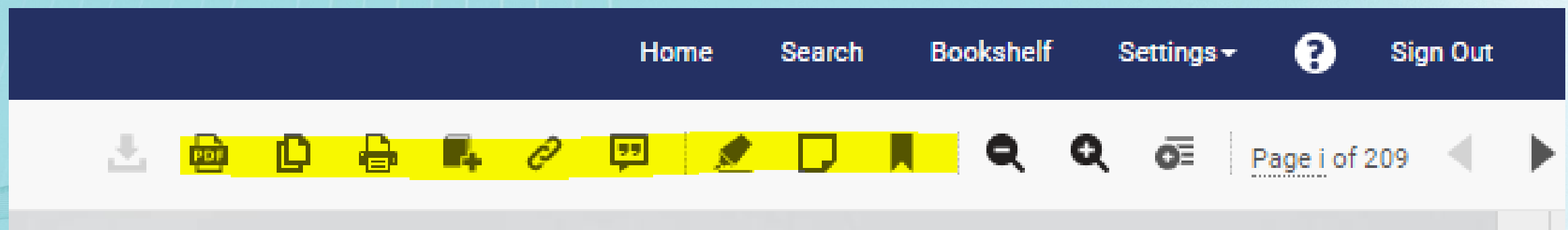
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