

How to make a Tussie Mussie for Mother's Day



A simple but beautiful gift you can make for Mother's Day, Tussie Mussies were made in Tudor times. They were small posies of strong-smelling herbs and flowers. Tussie is a medieval term for knot of flowers and mussie is derived from the moist moss used to keep the flowers fresh.

In Tudor times most homes did not have running water and people did not bath as often as they do today. To mask body odours, they would wear or carry a nosegay or tussie mussie. Tudors also thought they protected them from disease.

Often the flowers had a meaning, and the herbs were used in medicines and potions.



Flowers and herbs that are good:

Roses, Carnations, Tulips - love or friendship

Violets (faithfulness), Primroses (adoration), Forget-me-nots (remembrance)

Baby's breath (Gypsophila), clover, daisies, - pretty in a posy

Lavender (healing), Chamomile (comfort), Rosemary (protection) Ivy (everlasting friendship)

Mint (virtue), Parsley (gratitude), Thyme (courage), Sage (wisdom) – smell strong

Once you have everything ready follow these steps to put your Tussie mussie together:

1. Choose a big flower for the centre (rose/tulip/carnation – make sure you have removed any leaves/thorns)
2. Surround this flower with some stems of smaller flowers or herbs.
3. Either tape these stems together or put an elastic band around them to hold the bunch tight.



4. Keep adding layers of flowers and herbs, keeping them tightly in place until your tussie mussie is about 12 cm (5 inches) in diameter across the top.
5. Add one final layer of large leaved herbs, or ivy. Bind this tightly in place.
6. Carefully, cut the stems until they are the same length, about 8cm (3 inches) long.



7. Wrap the stems in twine to hide the tape/elastic bands.
8. Tie a bow of wide ribbon or lace around the stems.



9. Keep the tussie mussie in a jar of water until it is ready to be gifted.
10. Maybe attach a little card with the words 'A Tussie Mussie just for you – Happy Mother's Day', just before you give it. (You can punch a hole in the card and thread some twine through and tie this round the stems).



You can make your tussie mussie as big as you want and use whatever flowers you can find but be careful if you are choosing plants from your garden - check with an adult if the plants you want to use are poisonous and be careful using scissors.

Have fun making your tussie mussie.