

Pomander Ball



Pomanders are scented balls and historically have been hung from clothing, belts, ceilings, windows or placed in drawers to make things smell better. Before people understood germs, they believed that illness was caused by miasma or “bad air” indicated by bad smells.

Therefore, it was important to keep the air surrounding you smelling clean and fresh. These balls could be scented with a variety of spices or plants, but the classic pomander has come to be known as an orange studded with cloves.

Materials:

- 1 small orange (a tangerine, clementine, lemon, lime or even apple will work)
- Whole cloves
- Needle or small nail
- Thimble (recommended but not necessary)
- OPTIONAL MATERIALS: Tape, ribbon, extra spices such as cinnamon, ginger or nutmeg

Instructions:

1. You can prepare your orange by starting at the top of the fruit and wrapping a strip of tape or ribbon around the orange and then repeating the process in the other direction. If using ribbon, you do not need two separate strips (see picture). You can also skip this step.



2. Use the needle or nail to poke holes in the orange in the places that you wish to have cloves for decoration. A classic way is to poke holes along the edges of the ribbon or tape and place a clove (large side out) into each hole. However, you really can do any decoration you wish including covering the fruit entirely in cloves. (This takes a lot of time so you may wish to start with a small design to see how much you enjoy it.)
3. If you wish to use other spices, poke more holes in the fruit, but don't fill them with cloves. Remove your tape or ribbon.
4. Sprinkle the orange (be sure it is on something you can easily clean like a plate or bowl) with the other spices. Try to have them fill up the other holes. Do not leave any holes poked but not filled with some spice because that will encourage rotting.
5. Leave the pomander in a dark, cool place (like a cabinet or closet) for about a week to let it dry and harden. It will also shrink.
6. At the end of the week, you have a pomander. You can put it in a drawer or if you wish to hang it, you can tie a ribbon around it. (If you used the ribbon or tape earlier, you can tie it in that same place.) Then you can hang the pomander in the kitchen, bathroom or bedroom and enjoy its scent for years.

