

# **Weave Herbs Throughout Your Wedding Day**

By Barbra Annino

Throughout history, herbs have played an important role in our lives. The magical properties of herbs have been embraced by many generations and cultures. They have been used in poultices, holistic medicine and celebrations, especially important celebrations such as a wedding.

## **The Role of Herbs Throughout Time**

If you are planning a wedding, herbs are the perfect charms to bless your journey. The first day of your new life should be surrounded by symbols of love, happiness, longevity, health, prosperity, (and a little luck never hurts). Brides-to-be have favored herbs that carry these meanings for centuries. Ivy was used as a traditional wedding garland to banish negativity and prevent misfortune. It is a symbol of luck and was donned by brides for this reason. Yarrow was also used in wedding decorations. It is believed to ensure at least seven years of lasting love. For another powerful love herb, basil is a good choice. It has been known to sooth tempers and promote fidelity. It is said that if two basil leaves quickly burn when placed atop a hot coal, then one's marriage will be harmonious.

Lavender holds the power of love as well, bringing with it the added pleasure of a sweet fragrance. Men are especially drawn to the scent of lavender, and its aroma promotes longevity.

## **Herbal Favors**

There are many ways to weave the magical properties of herbs throughout a wedding celebration. Herbs can be used in bouquets, boutonnieres, for decorations, as centerpieces, even as favors. As Shakespeare wrote, “rosemary is for remembrance”, so Victorian couples would present sprigs of this herb to wedding guests to express that they would not forget their friends and family after they said their vows. Many companies have rekindled this practice and packets of this intoxicating herb can be purchased today for party favors. They often come beautifully wrapped with an explanation of the lore on the package. The Rosemary Company offers one such service.

## **Herbs As Centerpieces**

For the centerpieces, potted herbs are an elegant statement. Choose lavender if your colors are purple or pink. Variegated thyme has beautiful gold and green leaves and gives a wonderful scent. Rosemary is also an excellent choice as are the many varieties of sage. Golden, purple, pineapple, and honeydew sage all stand proud as potted herbs. Paint the pots according to your colors or choose silver and gold for a breathtaking display. Then label with the name of the plant and its meaning. Not only is this pleasing to the eye, but it tickles the nose as well. Afterwards, guests can take them home and plant them, preserving the memory of your special day.

## **Bouquets and Boutonnieres**

The bridal bouquet and groom's boutonniere could also consist of herbs, or a combination of herbs and flowers. Woody herbs stay fresh longer and therefore work well in a boutonniere. A trio of rosemary (mental strength), lavender (love, longevity), and thyme (health) wrapped with floral tape and tied with a ribbon is a stimulating display and should last the whole day if made fresh the night before. For the bouquet, start with a rose at the center, the ultimate symbol of love, encompass it with mint (wealth) and ivy (luck) and add sprigs of forget-me-nots (true love) and myrtle (fertility). Tie it up with floral tape, secure with wire if necessary, and cover the stems with a wide shiny ribbon. Use your imagination and come up with your own combination. Consider herbs for the corsages and headpieces too!

The possibilities are limitless and these enchanting plants can be used throughout a wedding from start to finish. So enjoy the beauty and aroma of herbs, and bask in their magical powers.

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