

# Conditioning Flowers A simple guide.

We condition to fully hydrate the flowers

The stems take up water the water pumps up the cells so that they can absorb nutrients. In turn the flowers become turgid.

Conditioning helps flowers and foliage realise their full potential. Keeping the flowers as cool as possible will help. Leaving overnight is recommended but at least a few hours.

Vase and bucket cleanliness is absolutely essential. No chemical flower food needed.

Remove the lower leaves - anything that will sit below the water line. You'll fill your conditioning container about 1/3rd full.

Always recut the stems. Cut the stems on an angle to expose more of the stem to water. It will also stop the stem sealing itself off from the water if it were sitting flat on the bottom.

Remove pollen stamens to avoid staining. Simply lift them out.

On some flowers, you'll be left with little nodules after stripping the leaves. Using scissors, snip these off. Remove as many rose thorns as possible. This will make it easier to arrange the flowers.

Woody stems are dealt with in the same way. If it is a woody stem, make a single snip up the stem about 1 cm in depth to optimise their ability to take up the water.

Stems with heavy heads such as tulips and hyacinths are prone to bending. Wrap them in newspaper and stand in water overnight.

Stems prone to drooping such as hellebores can be dipped into boiling water for 10 to 20 seconds then placed in cold water.

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January 2024