



The Level 2 children are now beginning to unpack the History of the Kingdom presentations.

One of them is called the **History of the Gifts** in which we explore those gifts of God we find in nature. With the making of pomanders we have talked about the citrus fruit and how it was used to help combat scurvy in the old days, about the spices that were discovered and how wonderful it is that several of the gifts can be combined to produce something that will help keep wool moths out of your clothes.

The use of cloves in their various forms was interesting – from them tasting the whole cloves – uughhh!!!! Disgusting!!!! – to realising that the oil from the clove is still used for toothache and as a disinfectant in the mouth. The other spices were sniffed with enthusiastic caution and identified as being used in baking. All this while we made holes and put cloves in them!

Here is a simple guide to follow if you would like to tackle some for Christmas presents.

You will need

Orange, lemon or lime – small ones are most easily completed for this age group.

Whole cloves – it doesn't matter if the 'knob' has come off the top

Ground cloves, nutmeg and cinnamon – about a tsp of each per small fruit

4 drops Sandalwood oil. You can use orris root but apparently some people can react to that. I haven't made any without the oil but I suspect it would still work.

A fork

Toothpick

Narrow tape

Paper bag

Paper towel and cloth to wipe up the juice – that is the juice the children haven't managed to lick off!

Method

Put 2 pieces of narrow tape around the fruit so the exposed areas are quarters.

Using the fork make holes next to the edges of the tape – don't push the fork in too deep but do go through the skin. I find if you use the last hole made as the first in the next lot it is easier to get the holes even. For those bits where the fork won't fit use a toothpick.

Making Pomanders

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At the end of each 'line' of holes go back and plug them all by pushing in a clove. Then go on and make the next line of holes. Fill in each quarter – takes about an hour altogether.

Mix together the spices and oil and put in the paper bag.

Remove the tape – carefully, then put the fruit into the bag, fold top over and shake gently to cover well with the spices.

There are a variety of opinions as to what works next – store in a cool dark place, store in a dry warm place – hotwater cupboard, put in low oven.

I have put them in ramekins in the oven for a couple of hours at about 125°C , bagged them with the spices and then into the hotwater cupboard. I take them out and turn them around by gently shaking the bag for the first few days and then putting them back with the bag open.

When they are 'done' they will be hardish, have shrunk and sound hollow. Brush the excess spices off and tie pretty ribbon around it and hey presto!

They will keep for a lifetime and can be refreshed by re-rolling in spices or brushing lightly with oil of cloves.