

Victorian Style Pomanders

Dating back to the 15th century, pomanders were made from citrus fruits pierced with cloves. They were often hung in bunches from ceiling beams, as an early form of air fresheners. By the 17th century, the wealthy had decorative holders to put their pomanders into, so they could hold them to their face. Not only did they hide unpleasant odors, but it was believed that certain spices could prevent diseases or noxious vapors from entering the body through the nose. In the 19th century, pomanders enjoyed a revival thanks to the greater availability of citrus fruits. Victorians would hang them as decorations in their homes and on their Christmas trees, and would often give them as Christmas gifts.



How to make your own Victorian Christmas Pomander:

- Use firm oranges and whole cloves
- Be creative and arrange the cloves in diamonds, circles or other patterns
- You may use a toothpick or small nail to pre-make the holes or just stud the cloves directly into the fruit (note: fingers will get sore if doing a lot at once!)
- For a stronger aroma, cover the entire orange with clove and then roll it in a mixture of spices (ie. 1 tsp. ground cinnamon, 1 tsp. ground cloves, 1 tbl. ground nutmeg, 1 tbl. allspice. Leave the orange in the mix for a week, turning once a day).
- To hang your pomander, either run a long wire through the orange (making a knot at the bottom and a loop for hanging on top) or tie a ribbon around it.
- Pomanders can also be arranged in a bowl as part of a centerpiece

Note: Overtime the pomanders will dry, but should not spoil because of the preservative effects of the cloves. As the orange dries, it will release a delicate, spicy fragrance.