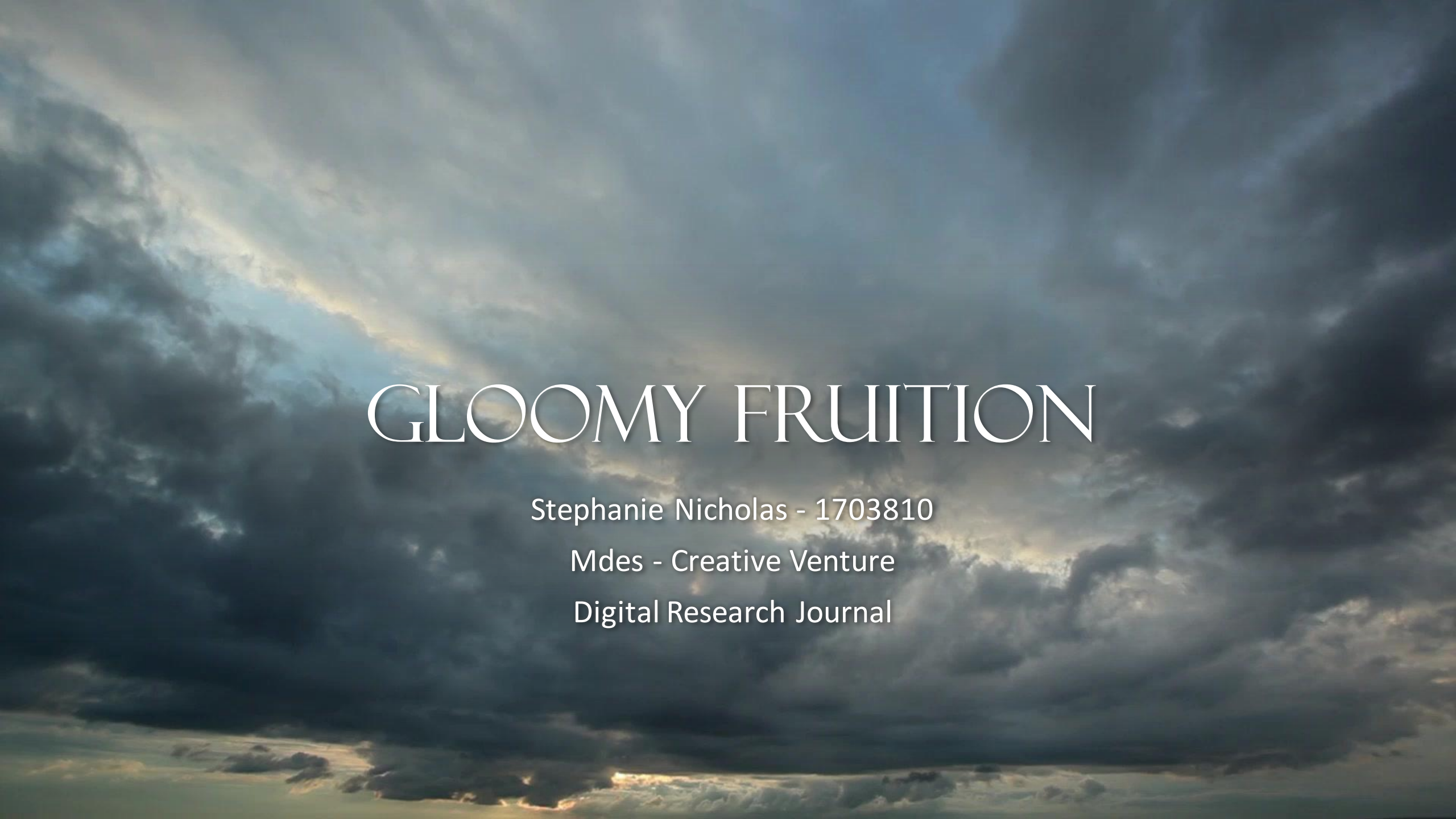
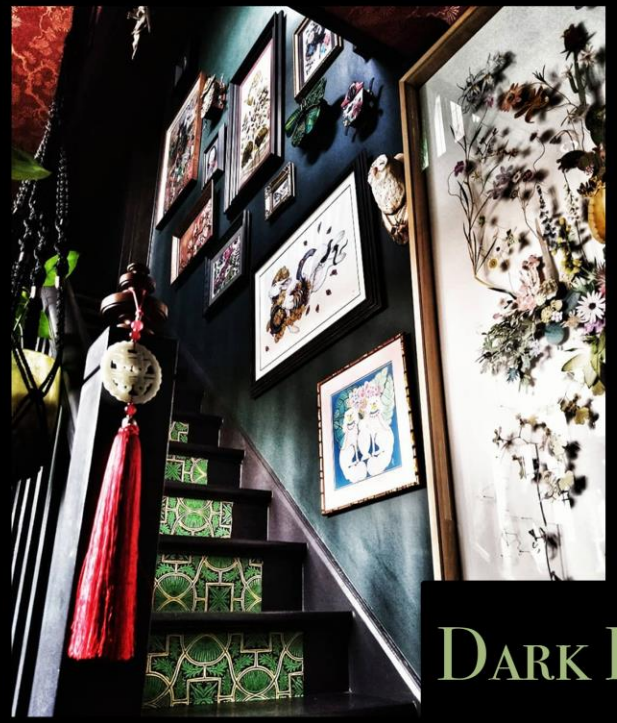


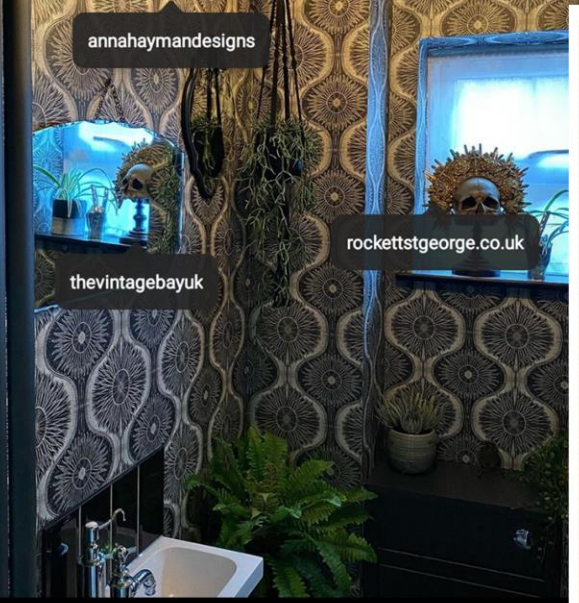
GLOOMY FRUITION

Stephanie Nicholas - 1703810

Mdes - Creative Venture

Digital Research Journal





Dark Interiors create a cosy elagant atmosphere





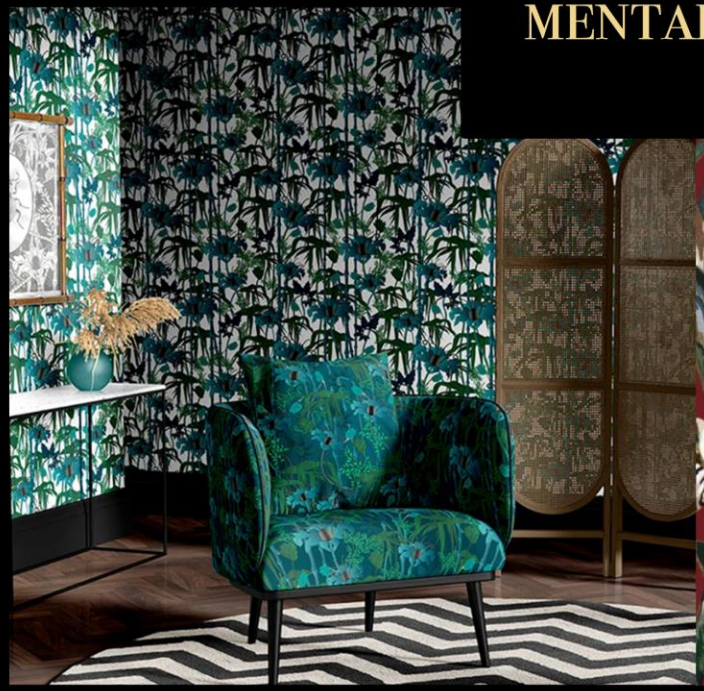






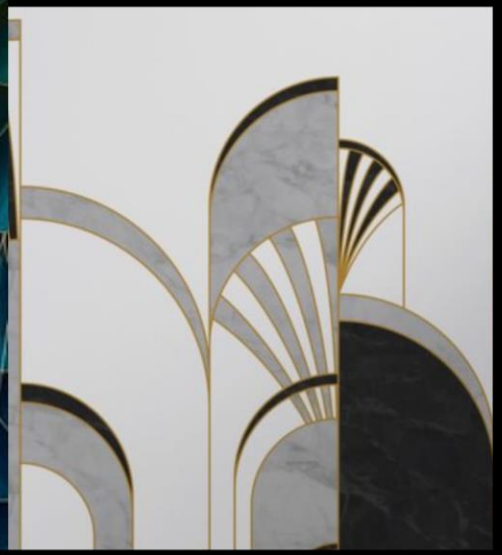


BIOPHILIC DESIGN CAN BE USED TO IMPORVE OUR WELLBEING AND MENTAL HEALTH FROM WITHIN OUR HOMES.











ART DECO INSPIRES MY INTEREST IN EXPLORING ROUND SHAPES WITHIN THINS BODY OF WORK, AN ELEMENT THAT BRINGS JOY TO US ALL.







Healing Gem Stones

Healing Biophilic Design

Art Deco

Dark Saturated Palette with Pops of Colour

As a pandemic suddenly changes the world, how we live and how we perceive functionality of the normal. We have been and some currently still trapped within our four walls of our home.

Mental health issues are rising, and well-being affected.

I believe that bringing some outdoor life into our interior design can have a positive impact and improve these pandemic emotions of feeling isolated.

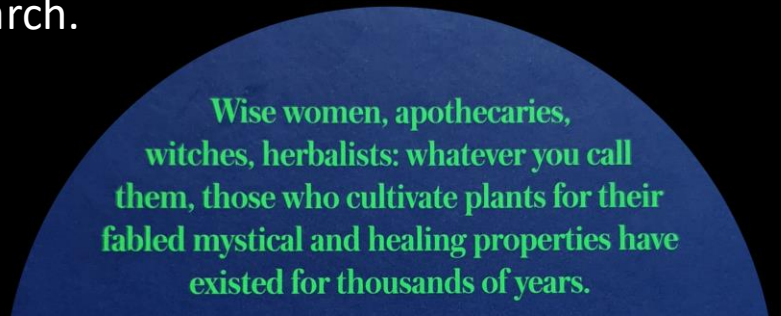
We need to liven up our homes with natural biophilic elements that naturally brings us joy.

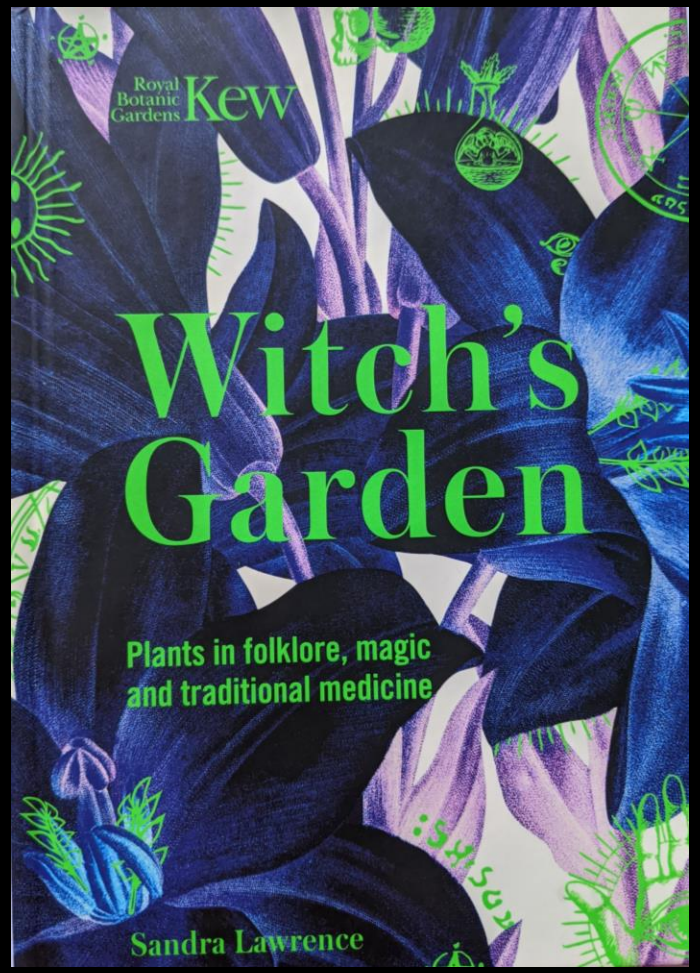
PLANTS IN FOLKLORE, MAGIC AND TRADITIONAL MEDICINE

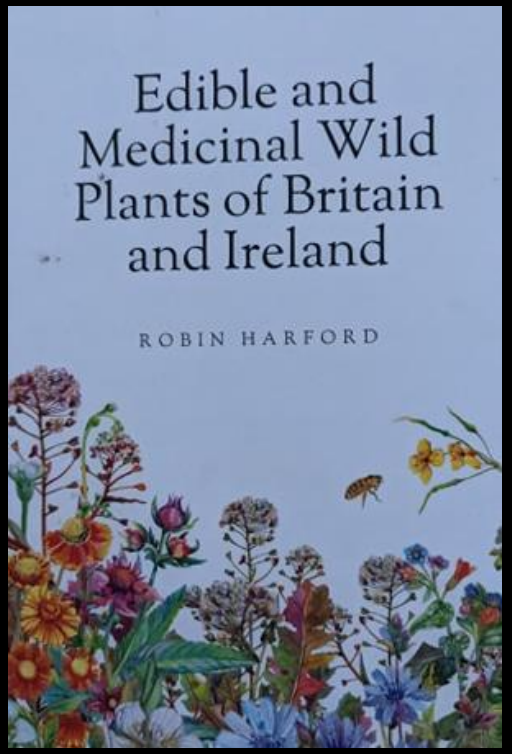
I wanted to look at the concept of healing our wounds with beautiful imagery and atmospheric print design. So, I think it's important to my visual research to explore plants that are used in medicine, as well as the mysterious wonders of the plants in folklore and their tales.

I am interested in common plants thast bring me a sense of joy and can be seen and used daily, as well as the plants of the Solanaceae family (Nightshade Plant Family).

To help me with my botanical understanding, I have invested in these two books are a starting point in my visual research.









From the Witch's Garden book, plants have been divided into 10 chapters; I have circled the areas of interest to me and this brief.

- Plants of the Ancient World
- Great Minds
- The Dark Mirror: Plants of the Shadows
- Cures for the Body
- Plants of Hope

What is a "witch's garden"? A garden owned by a person of magic – or a plot growing plants to ward off evil? For that matter, why do we associate the word "witch" with "evil"? For many people today, being a witch is a good thing, beneficial and joyful. In other parts of the world, witchcraft is still something to be feared.

However precarious life is today, for our ancestors it was even more dangerous, even more mysterious. Who knew what made humans healthy, successful, wealthy or loved? Everyone, from scholars to local practitioners, looked to the natural world around them for answers, and plants were obvious candidates for making sense of life. "Wise women", herbalists, apothecaries and witches worked in not dissimilar ways to early scholars, philosophers and scientists: empirically, testing out plants to see what they did, especially as medicines. The "cunning folk" also added a mystical element: explaining the role of plants in both spiritual and everyday life. Over thousands of years, complex folkloric traditions evolved, sometimes independently similar in different parts of the world.

The line between science and magic has always been thin; add religion into the mix and opinions – and emotions – begin to heat up. Plants became battlegrounds: as cultures waxed and waned, a herb "belonging" to a goddess might be reassigned to a saint – or to the devil. Boundaries became blurred. Astrology, for example, remained a serious point of consideration in medicine well into the Christian period. As the wealth of folklore grew, so too did the romance around it. We are not immune from that glamour today.

Folklore and superstition, both local and general, do not die easily, but they do change. Sometimes, properties of a plant can take on two diametrically opposed qualities according to region, culture and even individuals.

A book this size cannot begin to fully explore the complex and confusing history of herbs and the place they hold in our lives, even today. All it can do is dip a toe into the basic concepts of what makes plant lore so very fascinating. *Witch's Garden* looks at the ancient beginnings of practices and beliefs, some herbal pioneers and one or two of the "big ideas". It focuses on some of the most important plants, their historical uses and often contradictory associations, and is illustrated with beautiful pages from books and herbals kept in the archives at the Royal Botanic Gardens, Kew. Here's hoping it will inspire further reading and a deeper dive into the extraordinary world of plant lore.

Sandra Lawrence

- 'Being a witch is a good thing, beneficial and joyful'

- 'Everyone from scholars to local practitioners, looked at the natural world around them for answers, and the plants were the obvious candidates for making sense of life'

- 'The "Cunning Folk" also added a mystical element: explaining the role of the plants both spiritually and everyday life'

- 'The line between magic and science has always been a thing'

- 'Folklore and superstition, both local and general, do not die easily, but they do change'

INSPIRING QUOTES FROM THE WITCH'S GARDEN

Nothing is more fundamental to the human condition than the great life phases we all share. Monarch or pauper, everyone must be born, age and die. Every civilization contrives, in some way, to mark the steps, striving to ease the physical and mental pain that tells us we're alive.

Folklore has many flowers of ill omen, but just as many plants signal good luck and hope. From herbs that bring lovers together to those lending solace to the grieving, these are flowers of joy.

Health has been a large part of the job specifications for witch doctors, shamans, priests and faith healers since ancient times. A thorough knowledge of the plants available was essential to ensure successful work with the spirits.

The history of herbal medicine is not easy to define. The first folk uses of plants, by humans from the times of mammoth-hunt injuries and flint-arrow wounds, have been lost to time. Written accounts are by no means the whole story, but they – and smatterings of archaeological evidence – are all we have.



Above Woodcut of a rose from Gerard's *Herball*, 1597.

Lizzie Harper





Lizzie Harper is a free-lance natural history and botanical illustrator with a keen love of nature. Her favourite subjects are grasses, beetles, and wild flowers. Her scientific training as a zoologist helps complement her illustrations.
She works in watercolour, pencil, and pen. With over 25 years experience as a free-lance illustrator, she has a broad range of clients.

The detail and texture in her paintings bring depth the realism to her paintings. I would like to paint my floral elements in this detailed painting style to add more realism to this collection. She also uses a depth of tone and colour, which I will copy by layering different tones in my own paintings.

Healing Garden

A History of Medicinal Plants

RHS Lindley Library



The healing power of plants

The desire to harness the healing power of plants is centuries old and throughout much of history, before the age of modern medicine, the natural world around us was the only source of remedies for our ailments.

For hundreds of years our cultivation efforts centred around the medicinal, rather than the ornamental, value of plants. Many species that we grow today for their appealing flowers and scents were initially of interest for their assumed healing properties. This exhibition reveals some of the fascinating histories that are hidden in plain sight in our own back gardens. Focusing on popular herbs and flowers, it will look at how our understanding of these plants has changed over time and investigate their use for healing today.

Many familiar garden plants were first grown for their healing properties rather than their appearance, and many common herbs were valued as much for medicinal uses as they were in the kitchen.

RHS LINDLEY LIBRARY – DIGITAL COLLECTIONS [HEALING PLANTS]

Who were the first herbalists?

The medicinal benefits of many plants were well known to ancient Greek, Roman and Arab physicians and their uses were repeated and refined over thousands of years. The earliest forms of managed gardens were created specifically to provide plants for culinary or healing purposes. They provided food for the local community and resources for herbalists and healers.

What did early herbals look like?

Most entries in the books comprise a description of the plant, where to find it, and what it can be used for. Often an illustration is included, to help with identification in the field. In the earliest works, the illustrations were very basic – so much so that we know that publishers could even reuse the same plates in different works to illustrate different plants! Developments in printing technology allowed for increasingly more accurate depictions. The woodcuts of the early 1500s gave way by the end of the century to metal plate engravings, allowing for finer detail and shading.

Science and superstition in early herbals

Within their texts, the herbalists relied heavily on observation and experience but they also drew upon classical teachings, mythology and folklore. Seamlessly interweaving science and superstition, the herbals make for a compelling read. In many cases, associations were based on physical appearances. The colour, shape, or patterning of a plant might link it to a particular body part or ailment with similar features, or the feel of a plant on the skin or against the tongue, as ‘hot’ or ‘cool’ and ‘dry’ or ‘moist’, could lead it to be recommended or avoided.





CAMELLIA SINENSIS – TEA PLANT

According to Chinese legend, the history of tea began in 2737 B.C.E. when the Emperor Shen Nong, a skilled ruler and scientist, accidentally discovered tea. While boiling water in the garden, a leaf from an overhanging wild tea tree drifted into his pot. The Emperor enjoyed drinking the infused water so much that he was compelled to research the plant further. Legend has it that the Emperor discovered tea's medicinal properties during his research.

Second of three legendary emperors, he had the head of a bull and the body of a man. Among Shennong's many inventions were the cart, the plough, tea, the calendar and the practice of clearing land with fire. He was said to have a transparent stomach, and used his own body as a lab: he would ingest herbs, one by one, and observe what each did to him. As is the fate of so many self-experimenters, Shennong finally ate a flower that poisoned him and he died before he could find an antidote.

Whether or not Shennong existed, his catalogue of 365 species of medicinal plants certainly does. The *Shennong Bencao Jing* ("The Divine Husbandman's Herb Root Classic") is a manual of medicinal herbs, compiled in the late Han dynasty sometime around 306 BCE to 220 CE. It is still a must-read for students of traditional Chinese medicine.



Emperor Yan Shennong, father of Chinese Agriculture, herbalism and medicine.



BENEFITS OF WHITE TEA

- Rich in Antioxidants
- May Reduce the Risk of Heart Disease
- Could Help You Lose Weight
- Help Protect Your Teeth from Bacteria
- Has Compounds That May Fight Cancer

May Lower the Risk of Insulin Resistance

- Compounds in White Tea May Protect Against Osteoporosis
- May Help Combat Skin Aging
- May Help Protect Against Parkinson's and Alzheimer's Diseases



BLACKBERRY BRAMBLE – RUBUIOUS FRUIOUS

Blackberrying, however, has not always been universally acceptable, even in times of relative hunger. In some areas, the plant's wood was thought to be that used in Christ's crown of thorns, and therefore the fruit was of the devil. Blackberry brambles were even planted on the graves of the dead to prevent them from walking.

Belief that the berries should not be eaten late in the year because the devil spits (or urinates on) them is, however unlikely, sound advice, as the fruit becomes prey to a fungus in the autumn. The date on which the devil spits moves chronologically, from the end of August to well after Michaelmas, and geographically, as ripening times move farther north.

Blackberry has always been an important hedging plant. Humans and small creatures appreciate the security value of prickly stems and the small creatures don't care what the devil's done to the berries – they taste good. The long, bending stems are semi-deciduous and will take root wherever they touch the ground, creating "arches".



The humble blackberry is one of those rare plants still widely harvested by regular folk on afternoon walks through the countryside.

According to folklore, when the devil was cast out heaven by St Michael, he landed on a bramble bush and cursed it. It was believed this caused blackberries to become unpalatable around 29 September – St Michael's Day – after which they should not be picked.

Medicinally, the plant was popular. Both the Greeks and Romans treated gout with blackberry – and if ancient Greek physician Nicander of Colophon (approximately 197–139 BCE) recommending the flower as a cure for sea-monster stings sounds fanciful, Nicholas Culpeper, writing around 1,700 years later, was still suggesting it for serpent bites. He also liked it for the treatment of ulcers, putrid sores, bloody flux and "spitting of blood". The roots allegedly broke up kidney stones, while the leaves could apparently make a lotion for the mouth or "secret parts". Blackberry vinegar was a country medicine staple, a good cure-all for sore throats, coughs and chest ailments.







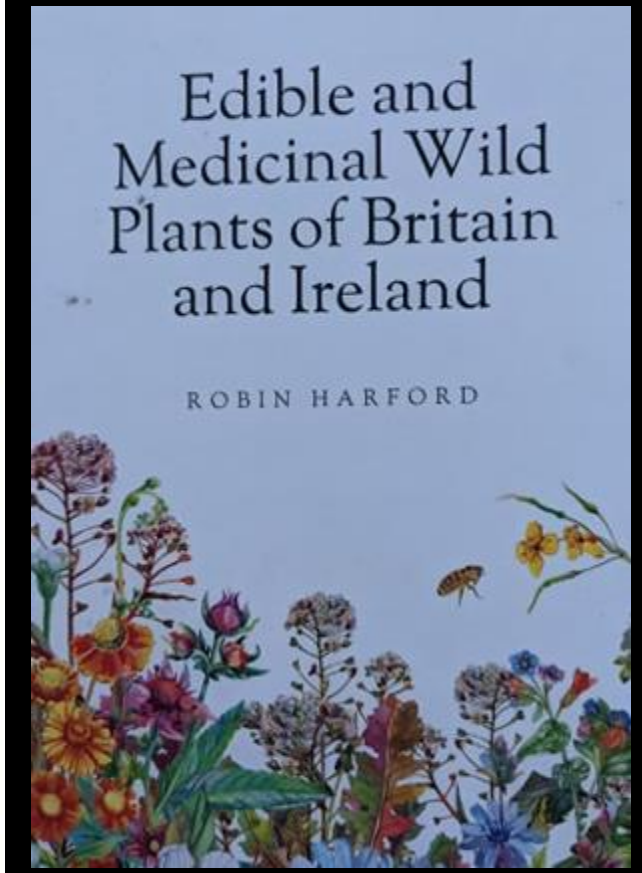


HERBAL MEDICINE USES

Herbalists have recommended blackberry jelly, cordial or wine for its potent restorative powers. Nicholas Culpeper, 17th-century English botanist, physician and astrologer, praised the plant as a remedy for almost all ailments, from wounds and ulcers to fevers and itching.

In Irish folk medicine, bramble leaves, roots and fruits were a common remedy for ailments such as colds, coughs and flu, because of their astringent and antiseptic properties.

Bramble has also been used to treat sore feet, cuts, burns, ulcers, kidney problems and diarrhoea. There were various remedies: bramble juice was mixed with butter to treat swellings, and blackberry vinegar was taken to treat fevers, colds, gout and arthritis.



Bramble

Scientific Name
Rubus fruticosus

Family
Rosaceae

Botanical Description
Height: Up to 4 metres. Flowers: Five-petalled flowers of varying size and colour. Stems: Thorny tangled, trailing stems. Leaves: are green, prickly and toothed, turning reddish-purple in autumn. Fruits: Both green and ripe can be seen on the bush at the same time. Typically, the fruits turn from green to red to deep-purple black. They can be picked from August to October.

Flowers
May to October.

Status
Perennial. Native.

Habitat
Dunes & dune slacks, grassland, roadsides, wasteland.

Watching berries rippen from flowers to fruit, through May to October, is a joyful moment at that time of year. I love weighting to harvrest the purple berry, eating them on the spot of gathering a pile to make a crumble at home.

BENEFITS OF THE BLACKBERRY

- They're packed with vitamin C
- They're high in fiber
- Great source of vitamin K
- High in manganese
- May boost brain health
- Helps support oral health





MINT - MENTHA

It has even been found in Egyptian tombs. A small, sweet perennial herb, it has small flowers, pale pink or white. The aroma, however, is in the leaves, which can be anything from bright yellow-green to dark, almost black-green. Some varieties have hairy leaves, others smooth. Flavours range from mild, such as the garden spearmint (*Mentha spicata*) to the more fiery peppermint (*Mentha* × *piperita*).

An ancient Greek legend tells of Minthe, a river nymph who had caught the eye of Hades, god of the Underworld. Hades's wife Persephone took issue with this and turned Minthe into a plant that people would tread on. Hades couldn't undo the magic, but gave Minthe perfume so he could at least smell her.



There are many different varieties of mint, used widely in cooking across the world since time immemorial.

Mint is of course, still valued for its fresh smell, used in baths, perfumes and cool drinks. It's by far the most popular flavour toothpaste.

In Ancient Athens, where it was common to scent different parts of the body with different herbs, mint was the scent most commonly used on the arms.

Folklore dictates that mint should never be paid for. Ideally, it should be stolen from a neighbour. Happily, it grows easily and sends out runners. It is said to grow best in homes where the wife is dominant. Maybe that is why, in Mexico, it is known as *yerba buena* – the good herb.

Mint to aid digestion

Members of the genus *Mentha* (mint) feature in all of the early printed herbals. There are many different varieties – a herbalist's nightmare as they all had different, and sometimes contradictory, properties. John Parkinson identifies at least 12 different varieties and sets out their uses for different ailments. Elizabeth Blackwell on the other hand, prefers to generalise, stating the plant is *"esteem'd good for all disorders of the stomach"*. Today, mint is known to aid digestion, and peppermint in particular is often a component in over the counter remedies for irritable bowel syndrome.

As a palatable herb, the leaves could be eaten fresh but they were also taken in boiled or powdered forms. A *"juyce taken with vinegar"* – effectively a mint sauce! – was recommended to *"stayeth bleeding"*. In this respect though, it is likely that the plant is of greater value at the dining table than in the doctor's surgery.



Image: Copper engraving of Mint, after an original by Elizabeth Blackwell. From Elizabeth Blackwell, *A Curious Herbal*, Vol.2, 1739. Credit: RHS Lindley Collections.

BENEFITS OF MINT

- Rich in Nutrients
- May Improve Irritable Bowel Syndrome
- May Help Relieve Indigestion
- Could Improve Brain Function
- May Decrease Breastfeeding Pain
- Subjectively Improves Cold Symptoms
- May Mask Bad Breath





NIGHTSHADE – ATROPA BELLA-DONNA

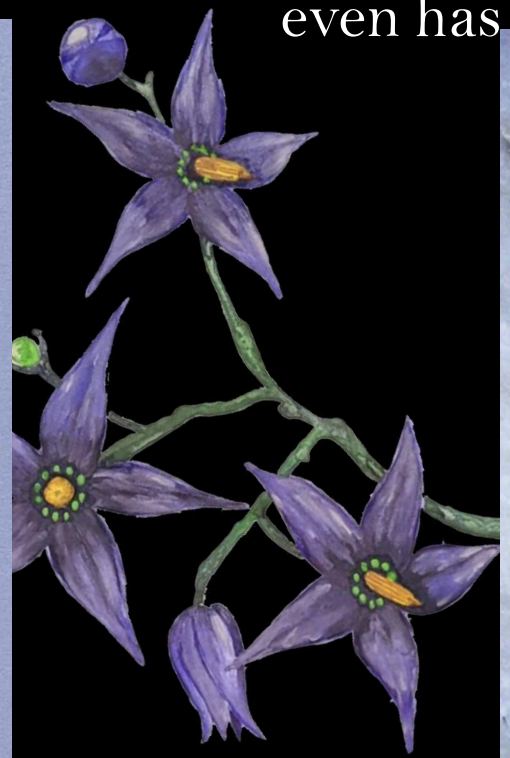
Deadly nightshade is a pretty plant – far too pretty. Its deep purple bell-shaped flowers are stunning, and the green berries look sweet and tasty.

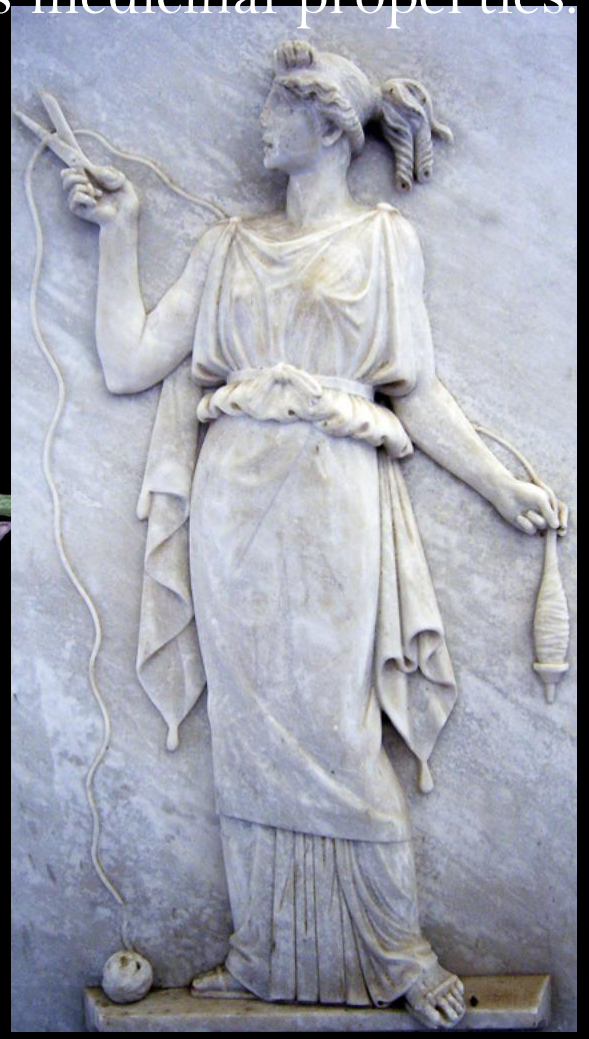
Found in scrub and woodland, the deadly nightshade lives up to its name. Though highly poisonous, it feeds woodland animals and even has medicinal properties.

Don't be fooled. Everything you need to know about *Atropa bella-donna* is in the names, both common and Latin.

Atropos is the eldest of the three Greek Moirai, or Fates. After her first sister, Clotho, spins the thread of human life and her second sister, Lachesis, measures its length, Atropos "the inflexible" cuts it off. Her Roman equivalent is Morta, the goddess of death.

Bellona, who has also been associated with the plant, was a Roman goddess of war, but the second part of deadly nightshade's Latin name comes from the habit practised by Venetian women of putting drops of the herb into their eyes. Their pupils dilated, supposedly making them look more attractive: *bella-donna* ("beautiful woman"). In reality, they probably looked more spaced-out than doe-eyed, thanks to atropine, a sedative found in the plant.





There is relatively little folklore associated with deadly nightshade. It was important to attach no romance whatsoever to it – this one was a killer. Children, most at risk of seeing the shiny berries as worth putting in their mouths, were told they would meet the devil – or even death itself – if they picked them. This was true – three berries was considered enough to kill a child.

Deadly nightshade is said to be the "insane root" mentioned in Shakespeare's *Macbeth* and it was also said to be one of the strongest magical ingredients in witches' flying ointment. It has been used to make poison-tipped arrows and, allegedly, to kill Roman emperors, from Augustus to Claudius. Despite all this, the plant is used in tiny amounts in some modern medications.

Deadly nightshade was said to be the property of the Devil, meaning that anyone who eats the berries is punished for eating his fruit. In art and poetry, it represents danger and betrayal.

Its dark berries sometimes known as murderer's berries, sorcerer's berries, and even devil's berries, they are thought to be the poison that caused Juliet to appear dead in Shakespeare's "Romeo and Juliet."

BENEFITS OF THE DEADLY NIGHTSHADE

- Used in eye drops
- Effective reducing body secretions (Stomach Acid)
- help motion sickness
- Pink eye
- Stomach Ulcers
- Night-time urination





MANDRAKE

It's not so much that this rosette-leaved, purple-flowered, orange-fruited plant has a taproot in the shape of a "human", more that medieval artists loved illustrating it. There are dozens of visual interpretations of "Satan's apple" (also "devil's turnip"). It was said the scream of a mandrake when pulled would drive the harvester insane, so a dog should be tied to it, then scared into running away, pulling up the root. It was, of course, a story put about by professional root-cutters worried about losing business.

Containing hyoscine and hyoscyamine, the ancient Greeks used it as an anaesthetic. The mandrake was said to have sprung from the dripping "juices" of a hanged man, whose likeness forever appears in the root. Under the doctrine of signatures, mandrake root looked a bit like an incredibly ugly baby, so sleeping with a piece under one's pillow aided conception. The roots also made general good-luck talismans which, if the right person asked, would whisper the location of buried treasure. Once over his disappointment, Culpeper found the leaves "cooling" and the root a powerful emetic that "few constitutions can bear".



It was believed that when pulled from the ground the root emitted a shrill cry that drove people mad and killed them.
But the mandrake has a centuries-old history as one of the most important and powerful plants in witchcraft, sorcery, and herbal medicine.

Of all the plants in a medieval herbal, the mandrake is easily the most iconic, and not just to harry potter fans





BENEFITS OF MANDRAKE

- Helps constipation
- Used to treat stomach ulcers
- whooping cough
- arthritis-like pain
- asthma







https://www.somersethouse.org.uk/blog/virtual-tour-mushrooms

The exhibition explores the colourful cultural legacy of the humble mushroom and their powerful potential in the planet's survival, as innovative designers experiment with the sustainable material of mushrooms in fashion, homewares and architecture. *Mushrooms: The Art, Design and Future of Fungi* was halfway through its run when lockdown begun.



תמונות


AMANDA COBBETT
1. Leucocoprinus cretaceus,
2. Boletus pseudoluridus,
3. Boletus impolitus
2019, Mixed media—threads, silk, hand-dyes and papers
AMANDA COBBETT
1. Rhodocollybia maculata,
2. Agaricus arvensis,
3. Cyperus niveus,
4. Macrolepiota mastoidea,
5. Cyperus niveus,
6. Calocybe gambosa,
7. Panaeolina sphinctrina
2019, Mixed media—threads, silk, hand-dyes and papers
AMANDA COBBETT
Laccaria amethystea # 4,
Lepista nuda # 2
2019, Mixed media—threads, silk, hand-dyes and papers
Courtesy of the artist
AMANDA COBBETT
1. Conocybe tenera,
2. Boletus edulis,
3. Lepiota pseudohelveola,
4. Conocybe rickenii
2019, Mixed media—threads, silk, hand-dyes and papers
AMANDA COBBETT
Boletus edulis
2019, Mixed media—threads, silk, hand-dyes and papers
AMANDA COBBETT
Coniocybe sulfurea, Boletus edulis
2019, Mixed media—threads, silk, hand-dyes and papers



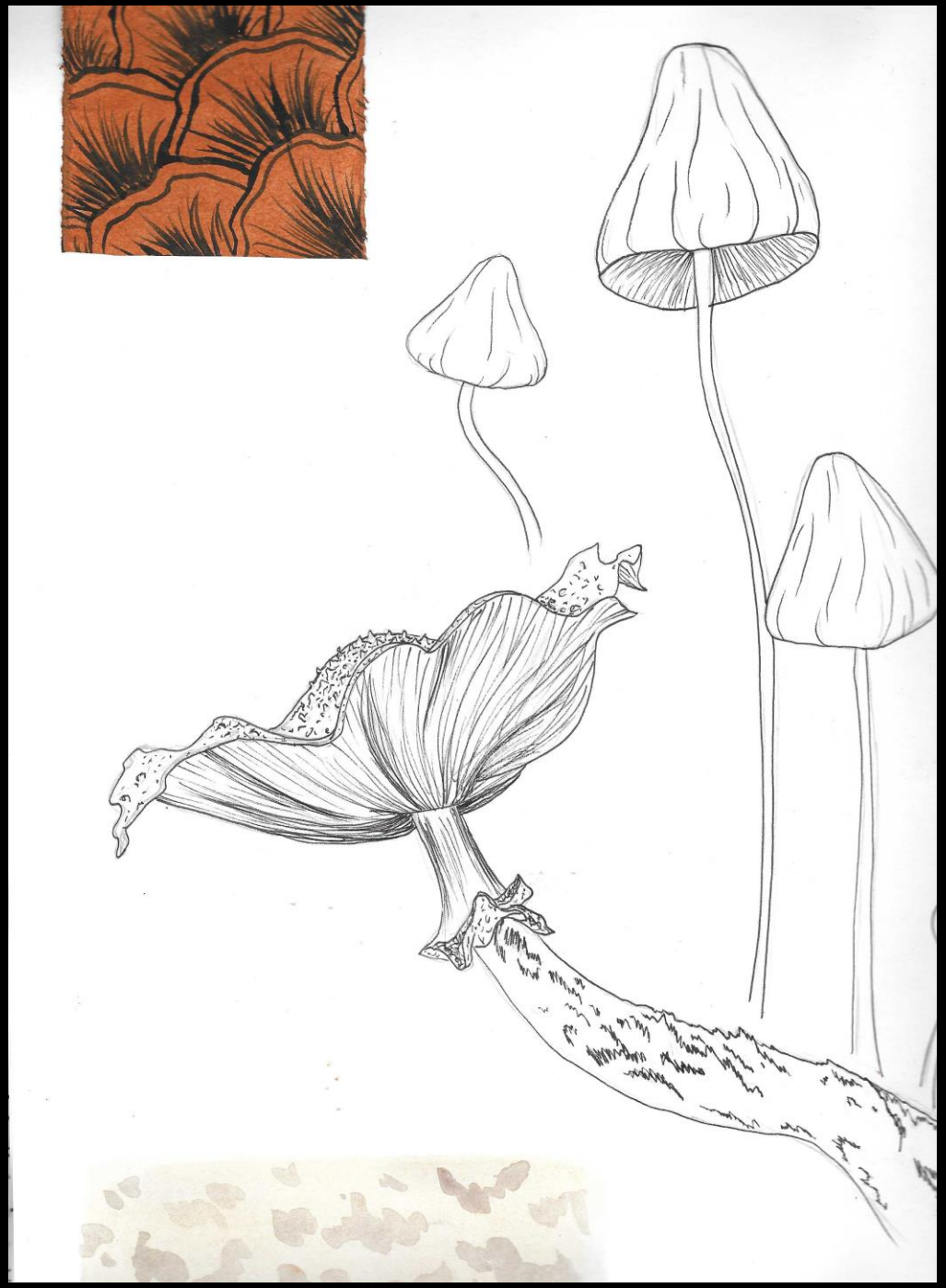



















Texture & Pattern

I want to bring subtle pattern into my this collection using different woodland mushrooms. There are hundreds of species of fungi, all with incredibly different prints on their heads.

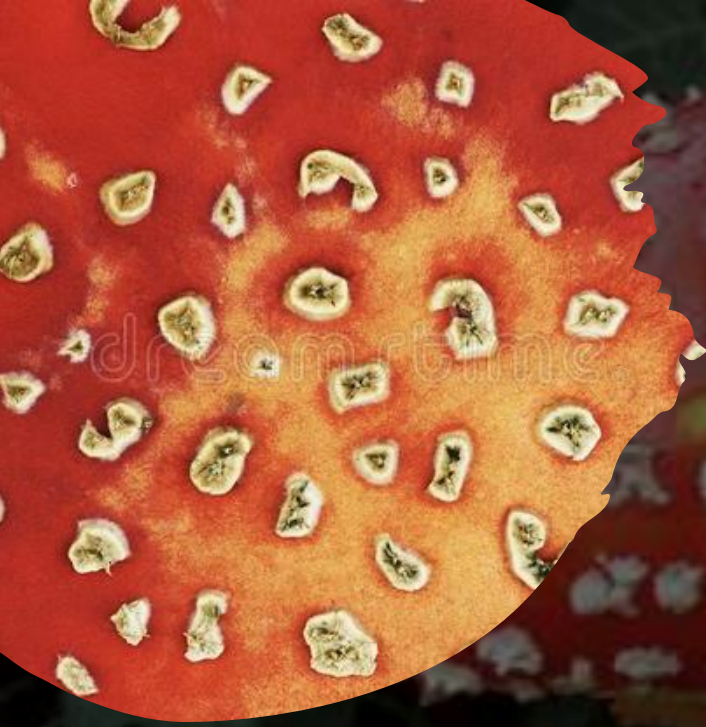





Multiples & Layers

Adding another elements of repeat pattern using the scalloped shaped mushrooms to inform a new style of repeat that’s very similar to an art deco style print.

FLY AGARIC – MUSHROOM/FUNGI





Think of any fairy tale illustration of elves or goblins sitting on or under a toadstool, and most likely the cap of such a fungus will be bright red with white spots.

Because of the mysterious way they appear and disappear, often forming "fairy rings", many fungi were thought to grow where lightning had struck and were often considered sacred.

Some poisonous fungi masquerade as edible. The death cap (*Amanita phalloides*) is one of the world's great toxins, but appears perfectly normal when young.

Other fungi don't even pretend to be edible. Fly agaric was sometimes said to have been the food of the gods. It certainly wasn't for humans. The quintessential "fairy" toadstool, it fits many descriptions of divine foods in ancient texts. The Hindu "*soma*", for example, an unidentified plant sung about in the hymns of the *Rig Veda*, was pressed for its juice, filtered through sheep's wool and offered to the gods. Some have argued fly agaric is the main ingredient in "ambrosia", nectar of the Greek gods.



It is one of the five quintessential symbols of good fortune, along with the pig, the 4-leaved clover, the chimney sweep, and horseshoes.

It is featured in innumerable children's books illustrating innocent fairy tales. Like no other species, Fly Agaric symbolizes the magic of an enchanted forest with its magical groves. Everybody knows this is where fairies, gnomes, and witch's dwell.



2 Forage for wild winter food



Herbalists Kim Walker and Vicky Chown are founders of Handmade Apothecary, and authors of 'The Handmade Apothecary' and 'The Herbal Remedy Handbook' (Kyle Books, £18.99 each)

Winter is by no means a barren time for foraging. Urban walks can uncover young green shoots, berries, nuts and mushrooms for delicious nourishing recipes. Just use a botanical guide to ensure correct identification before consuming any wild plant. Here are four ingredients to track:

Rosehips (*Rosa sp.*). These round or oval-shaped ruby parcels full of tiny golden seeds are high in vitamin C and antioxidants. Use them in syrups, jams and cordials.

Cleavers (*Galium aparine*). This is also known as sticky weed. In winter, you can find the young shoots starting to pop up, which

'URBAN WALKS CAN UNCOVER BERRIES, NUTS AND MUSHROOMS'

make one of our favourite tonics (see recipe, below right).

Chickweed (*Stellaria media*). Found growing in disturbed ground, this has small, oval leaves, with a single line of hairs along the stem and a star-like white flower. Chickweed is a nutritious leafy green that can be cooked like spinach. It contains soapy chemicals that need removing first, so blanch for one minute, then discard water.

Turkey tail mushrooms (*Trametes versicolor*). Find this attractive fungus growing in tiers on dead wood. Its multicoloured caps resemble a turkey's tail. Use it for making stocks for the base of soups and stews for an added immunity boost. *handmadeapothecary.co.uk*



I am intrigued in developing a white witch theme across my identity in this collection. I find something magical about the aesthetic of apothecary and the herbal alchemist tales. This brings an feeling of witchcraft and mystery to the narrative.



265 Vintage Botanical Illustrations

DIGITAL DOWNLOAD INCLUDED

Copyright free images for artists, designers and plant lovers





30. Pilze.



Walther, Bilder zum Anschauungs-Unterricht II

Verlag von J. F. Schreiber in Eßlingen bei Stuttgart.

a. Der Fliegenpilz. *b.* Der Eierschwamm. *c.* Der Steinpilz. *d.* Der Champignon.

e. Der Bovist. *f.* Die Morchel. *g.* Der Hausschwamm. *h.* Das Mutterkorn.

Agaricus muscarium Cantharellus cibarius Boletus edulis Psalliota campestris

Lycoperdon bovista Morchella sp. Merulius lacrymans Claviceps purpurea

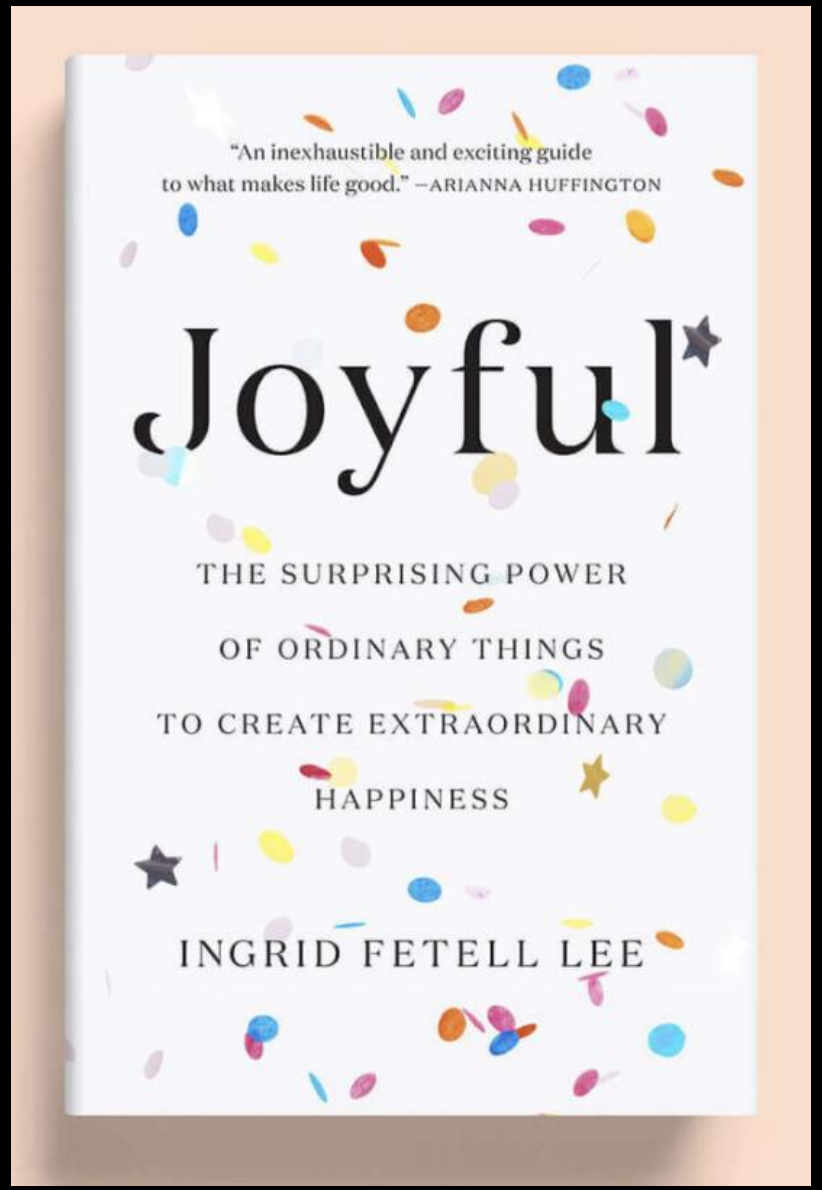

Agaricus ostreatus
On poplar Stump
Bellevue Gardens, Aug 5
T. Hawkins

Ingrid Fetell Lee studies joy and reveals how we can find more of it in the world around us.

https://www.ted.com/talks/ingrid_fetell_lee_where_joy_hides_and_how_to_find_it/transcript?language=en

As I wanted my collection to bring joy, I needed to understand how exatcly I could do that directly through my design work. So I bought the book by Ignrid Fetell Lee, after being inspired by her TED talk about the simply things in life that could make us more happy. One of the key things I noticed when reading the book, was how we repond in a more positive way than we would do to sharp corners and squared edges.

Because of this thought, I now want to use round shape or motifes in this collection, circles, curves and arches that will naturally bring joy to the collection but also as contrast to the herbal botcanical elemtens.





Experts at Cambridge University's Botanic Garden kept a night watch throughout the week so that they did not miss the flowering of *Selenicereus wittii*– an event which usually begins at sunset and is over by sunrise.

The moonflower actually bloomed earlier on Saturday afternoon at around 3pm, and the garden said it was 28cm (11 inches) long.

The coveted flower produces a sweet-smelling scent that turns "rancid" after just two hours, as the plant begins to die. The plant is only found on the high waterline of the floodplain rainforests of the Amazon basin.



Experts at Cambridge University Botanic Garden believe it is the first time the moonflower *Selenicereus wittii* has bloomed in the UK. Alex Summers, glasshouse supervisor at the botanic garden, said he was "excited" to share the blooming of the cactus, which was streamed live online.





He added that he loved the story of how British botanical artist Margaret Mee brought the plant to the attention of a wider audience.

She first saw the moonflower in 1964 but had to wait until 1988 to see one in flower.


Global
NEWS



MARGARET MEE

Margaret Mee was both a botanical artist and a conservationist
who specialised in painting the flora of the Amazon Forest.
She also made a significant contribution to the worlds of science and conservation.





Her passion for paintings these rare moments and capturing something so magical has inspired me to capture something magical of my own through my work.

I would like to paint the recently blooming Moonflower from the Uk, to have as a stand alone rare print within my body of work.

I could also imply this magical moment to my own experience working through this project, in my material exploration.

Witch & Watchman







Down the rabbit hole of the eccentric and extraordinary, Witch and Watchman's hand-painted wallpaper and fabric collections from designer Helen Wilson draw inspiration from fairy-tales, Old Hollywood, and Film Noir to create intricately off-beat designs. A new take on Chinoiserie (European interpretations of traditional Chinese styles) combines history with the modern in each luxury wallpaper and Cotton Half Panama fabric.

This brand is a huge influence in the way I will be styling my designs and prints. I want to create a witchy feeling through my work, using dark hues of purple, blue and enchanted forest greens.

> “NO GREAT ROOM WAS EVER CREATED WITHOUT TAKING A RISK”
>
> - DIANA VREELAND -

HomeStyle

SPONSORED BY NEFF

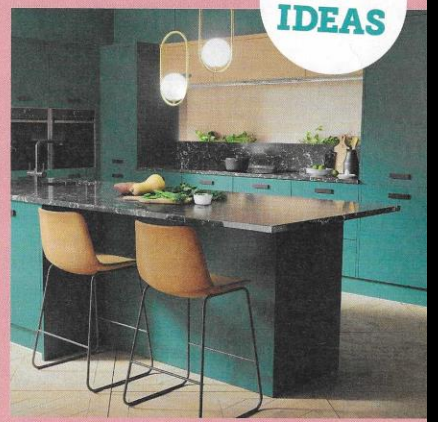
Your buyer's guide to

KITCHENS & BATHROOMS

All the latest trends and expert advice to help you update your kitchen and bathroom

200+ IDEAS











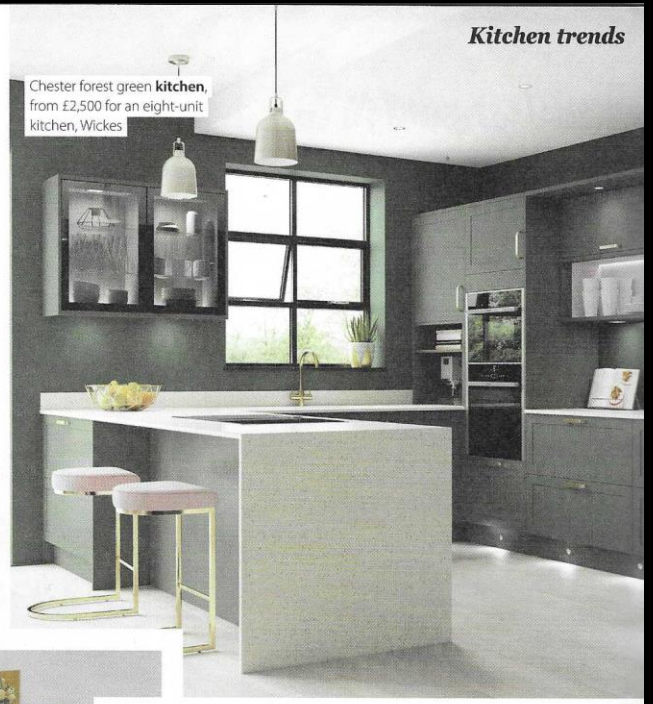
★ Kitchens ★ Ovens ★ Tiling ★ Flooring ★ Lighting ★ Bathroom ★

Forest green

TOP TIPS

Tipped to be 2021's most popular kitchen colour, rich-toned forest green works well in traditional and contemporary schemes and can be balanced with luxe or rustic accessories to suit your style.

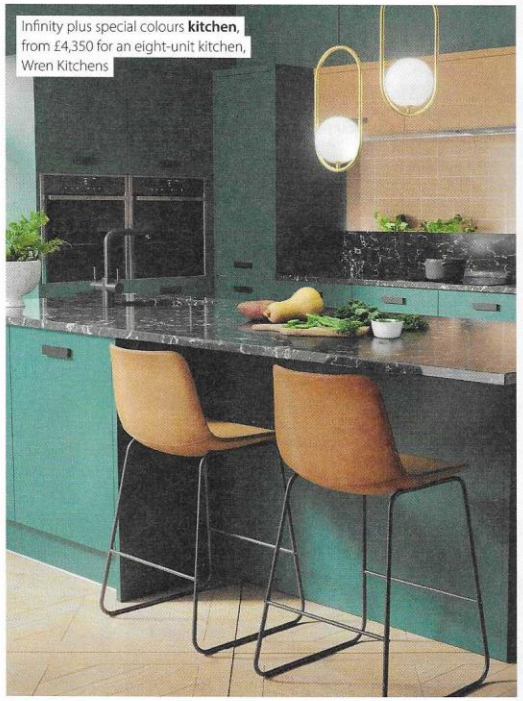
- Be bold and bring in pops of pale pink, glinting metallics and flashes of undercabinet lighting for a luxurious, maximalist approach.
- Work a dramatic look with dark surfaces and hardware softened by warm earthy accents. Ornate brass pendant lighting will add a dash of understated glamour.
- Bring a traditional country look up to date by balancing rustic wooden details with pale marble worktops. Style out some open shelving to continue the contemporary farmhouse feel.



Chester forest green **kitchen**, from £2,500 for an eight-unit kitchen, Wickes



Country Living Whitstable kitchen in emerald, from £1,760 for an eight-unit **kitchen**, Homebase



Infinity plus special colours **kitchen**, from £4,350 for an eight-unit kitchen, Wren Kitchens



Heather faux leather bar **stool**, £109, Cult Furniture



Good Home brushed brass effect saffron cylinder knob **handle**, £5, B&Q



Eden leaf print **cushion**, £8, B&M



CHELSEA FLOWER SHOW, LONDON

Now this is an intriguing view! The flattened perspective makes this amazing garden from the 2018 Chelsea Flower Show look like a piece of modern art or even a set from a sci-fi movie!

Known as the David Harber and Savills Garden, this stunning installation was designed to encourage mankind's exploration of their environment, with the path in the garden leading you on a theatrical journey of discovery and transformation.

The Chelsea Flower Show, formerly known as the Great Spring Show, has been held at Chelsea for over 100 years and is by far the most famous flower and garden show in the land, and quite possibly the whole world!

This particular garden was designed with defined layers. The planting and organic sculptures are separated to reflect a journey evolving from freeform and naturalistic planting, to a more formal design as you pass through the sections.

However, from our perspective in this photograph, the central "wormhole" which in the garden represented – the first moment to the now – creates a striking focal point, while the yellow tipped purple lupins hint at an alien landscape.

VISUALISATION

A spiral lattice of orange leads your eye to an orbit of cerulean blue and a star of citrus. Lupins stand like an audience, patiently waiting for a performance. Reflect on what the eye sees, is it looking inward or outward? Can you notice the slightest movement, the faintest fragrance, the dappling light dance over the bold green leaves.









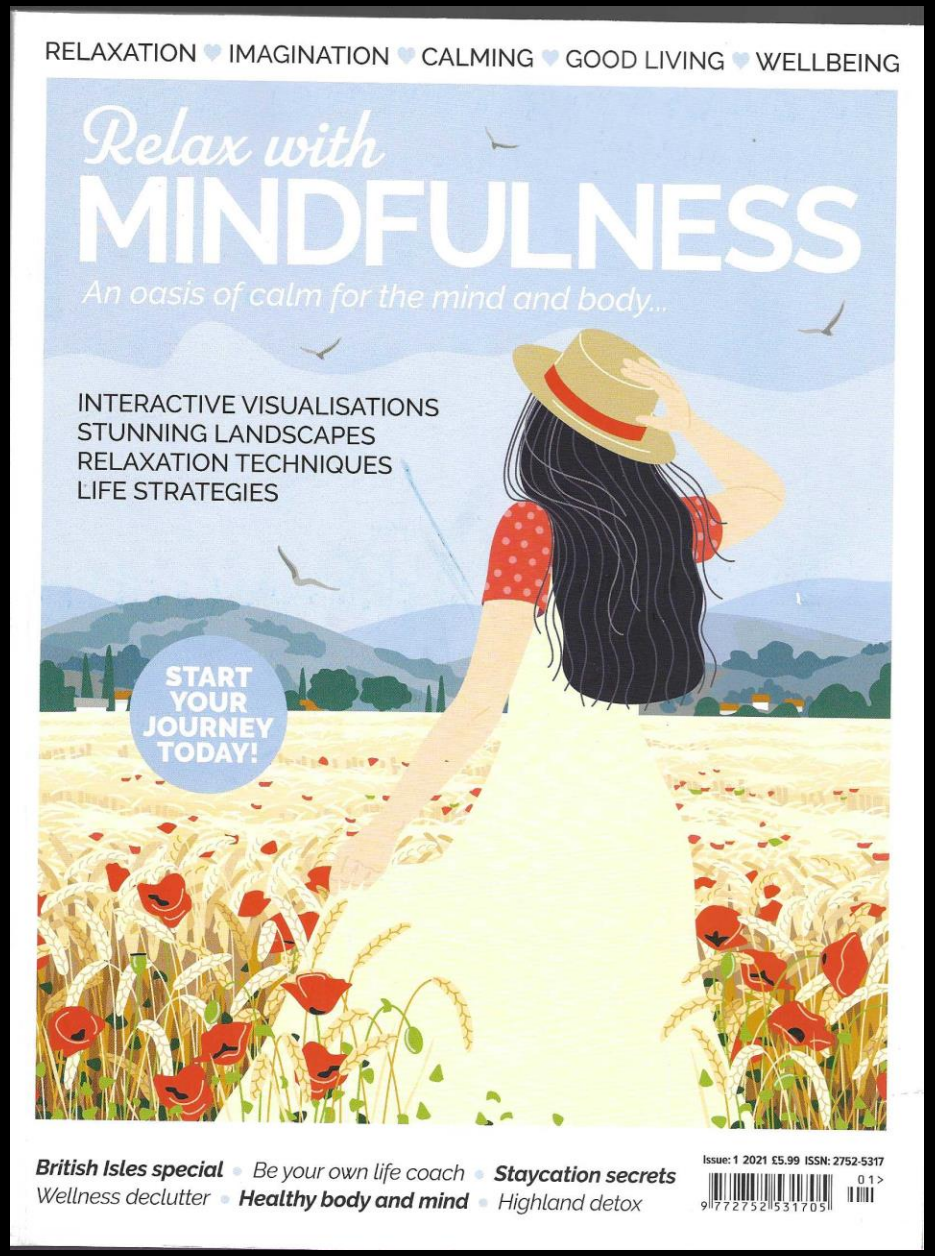




Hallway

'The landing was a completely blank canvas when we moved in, but it had the most gorgeous original polished Japanese parquet flooring. For the walls, I had a bespoke, 12m mural made by Avalana Design, featuring leopards, toucans, monkeys and butterflies, and I painted the ceiling pink. The black coving has to be the most effective feature in this space – it frames the mural perfectly. I added a couple of plush cocktail chairs, two sideboards and some other furnishings to fill up the space and add much-needed storage; it would feel very big and empty otherwise.'

'I love the whole creative process of turning plain interiors into a riot of colour'

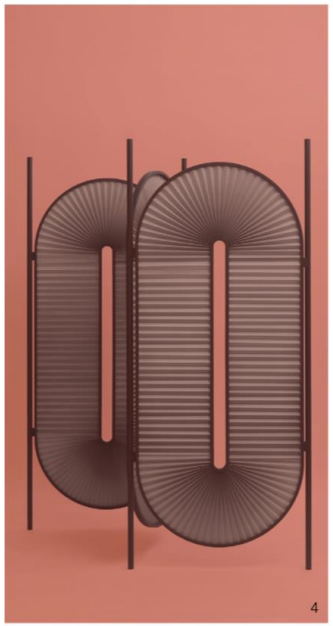


UPLIFTING STORIES

Along with colourful tales from the past, the series also explores uplifting stories from the present. "The result of the pandemic has been a renewed enthusiasm for our countryside," Humble muses on the restorative power of nature. "We've tapped into an instinct that this is what we need to make us feel better."

Along with imbuing a sense of calm, being outside is, she claims, also a means for reconnecting with a childhood sense of nostalgia and delight.





MICRO TREND

MODERN ROOM DIVISION

Customary Chinese screens are reinvented for a modern market, playing with scale, shape and material.

Room dividers are rescaled and reshaped, using new gloss finishes and confetti textures or marbling and mirror effects.

The traditional scalloped edge of a screen is introduced into spaces to offer a play on perspective.

Experiment with screen design in other product areas like lighting to reinterpret the silhouettes with modernity in mind.

#TrendBible

Effects of the pandemic has left use dividing our rooms into more multi-funtional spaces. The trend for stylish room dividers havent gone a miss. They can also bring a subtle art deco curves and arches into a space. Making it a more joyful area.

Shanghai Lights	Almond Cream	Golden Apricot	Black Onyx	Tibetan Red	Striking Purple	Baked Apple	Larkspur	Nightshadow Blue
	PANTONE 13-1017 TCX	PANTONE 14-1041 TCX	PANTONE 19-4003 TCX	PANTONE 14-1213 TCX	PANTONE 12-5505 TCX	PANTONE 18-1648 TCX	PANTONE 17-4421 TCX	PANTONE 19-3919 TCX
					Key Colour			Key Colour

PAINTING THE TOWN

Armed with colour, pattern and unfailing positivity, these muralists are leading a public art revolution. Where there's a wall, there's a way

Words **CAT OLLEY**



'Haus' in Walthamstow by Katrina Russell-Adams for BAT Studio

#ElleDecoration



Adriana Jaroslavsky's artwork in Leyton for the London Mural Festival fuses colour and space

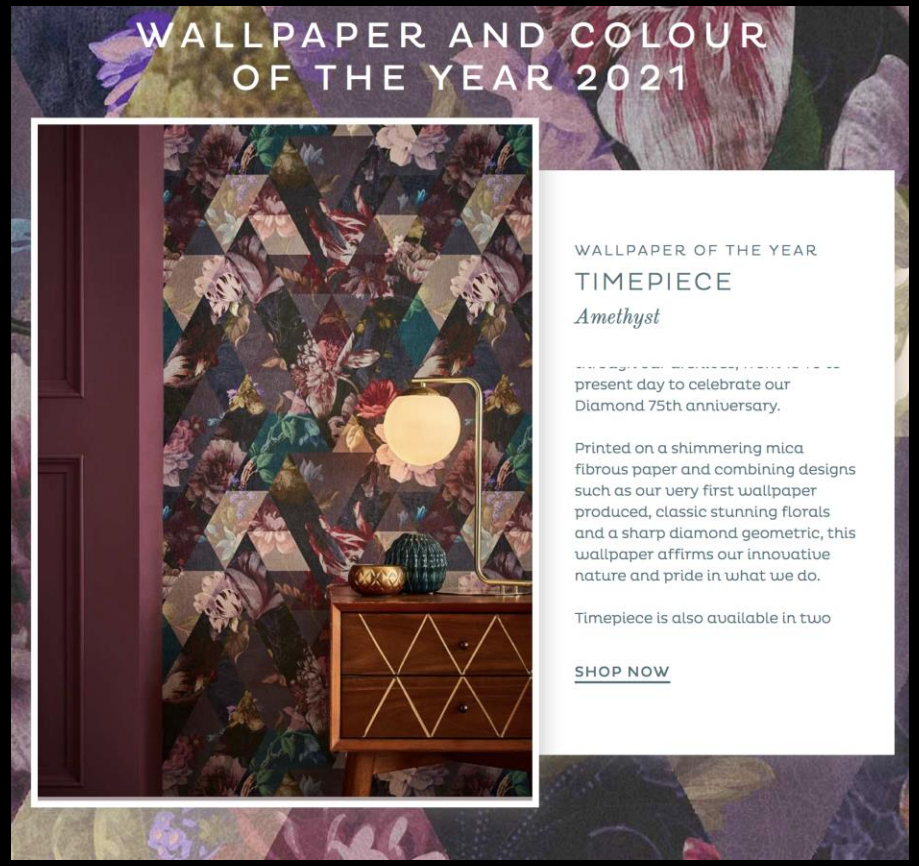
In the year that cancelled art fairs and left galleries fighting for funding, September saw the first ever London Mural Festival leave a precious legacy of over 50 vast artworks across the capital. In the same month, designer Camille Walala unveiled one of London's largest public art projects yet – less mural than full makeover, her exuberant transformation of Leyton High Road was the culmination of a crowdfunding campaign with street art collective Wood Street Walls. The whittling down to Walala's final design had also been a community effort.

The mural, as it turns out, is pandemic proof. Just as accessible public art has come into sharper focus, a shift towards time spent outdoors has sparked conversations about how our collective spaces might serve us better (and brighter). Walala, whose urban utopia involves 'pedestrianised



Lois O'Hara with her music-inspired mural in Brick Lane

Dark saturated colour palette's with purples and forest greens, blush pinks and navy blues. Elemtns of maximalist, art deco and monochrome play.





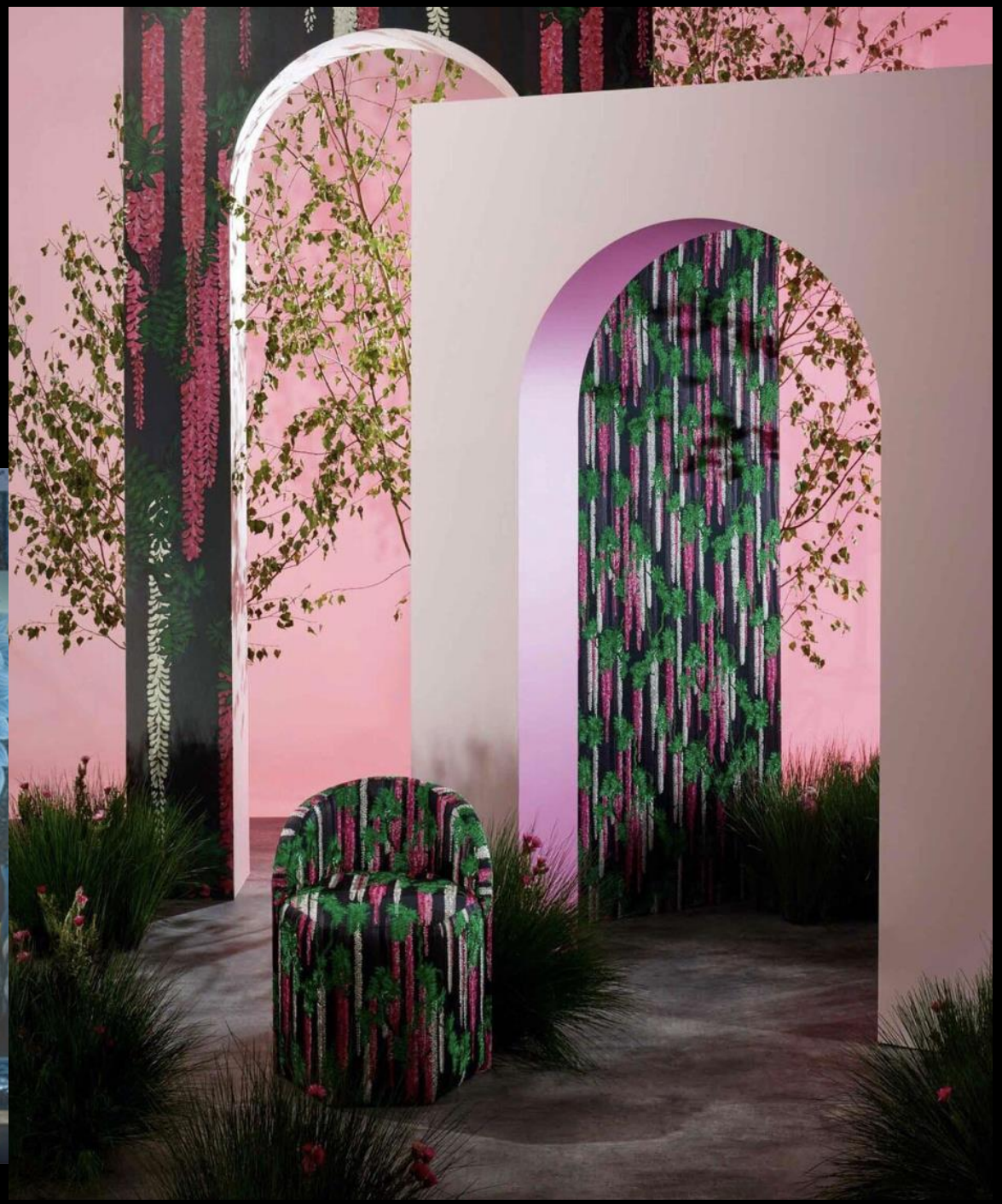




#Greaham&Brown

This Christian Lacroix style influences my combination of art deco style with arches and botanical elemtens intwining.





ARTE

wallcoverings for the ultimate in refinement



#Moooi





Anna Hayman



This designer always has an ifluence on my work. This time its her emerald marble print for its hues and pattern. I love her lino scallop print, which gives artisan feel to her work.

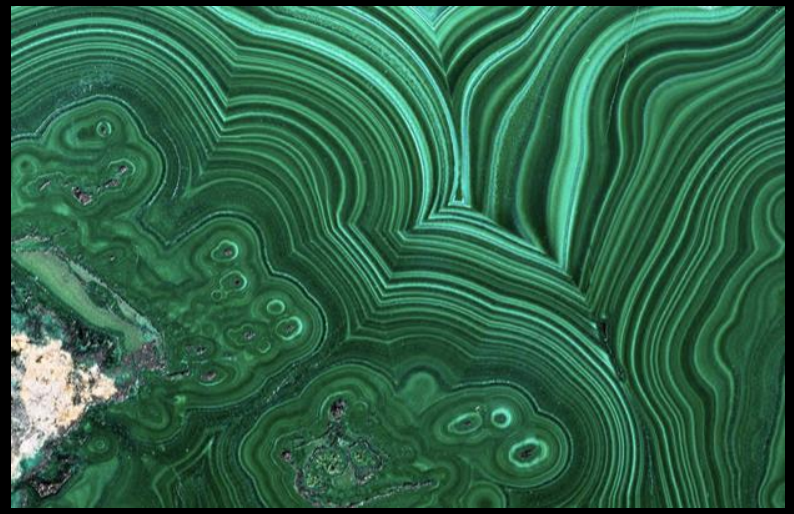




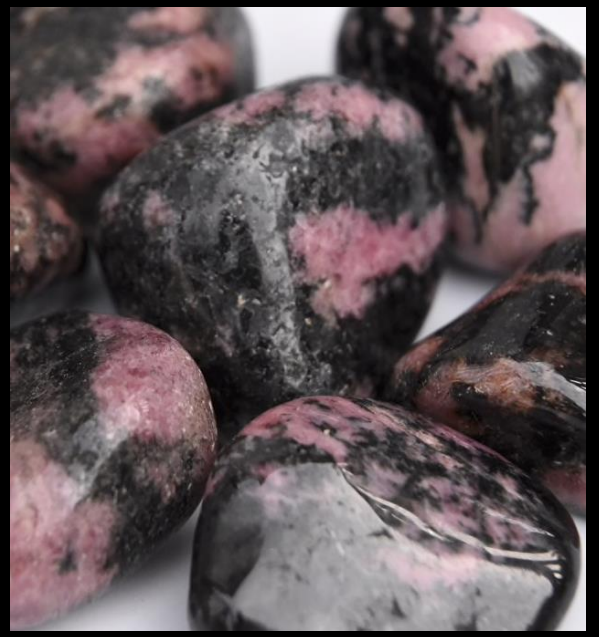
Healing stones that inspire my collection with their healing properties and myths, as well as their vivid colours and tones.

Bloodstone

This powerful healing stone lives up to its name. Bloodstone is claimed to help cleanse the blood by drawing off bad environmental energies and improving circulation. Mindfully speaking, it encourages selflessness, creativity, and idealism while helping you live within the current moment. It's also said it can also help you rid yourself of feelings of irritability, aggressiveness, and impatience.



Malachite personifies the deep healing green of nature and represents the innate beauty of flowers, trees, roots and plants. It manifests a deep Devic green which rules the material plane. [Raphaell, 144] It is a Stone of Transformation, assisting one in changing situations and providing for spiritual growth. [Melody, 395] It heals on physical and emotional levels, drawing out impurities and stimulating the Life Force throughout the aura and body. [Ahsian, 248]



Rhodonite helps to bring peace to troubled relationships and by its action to stimulate acceptance, forgiveness and unconditional love towards others.

It is helpful to assist relationship problems, and has a strong heart based energy with a useful healing vibration.

HOW TO RAISE YOUR HOME'S VIBRATIONS WITH SPELL BOTTLES



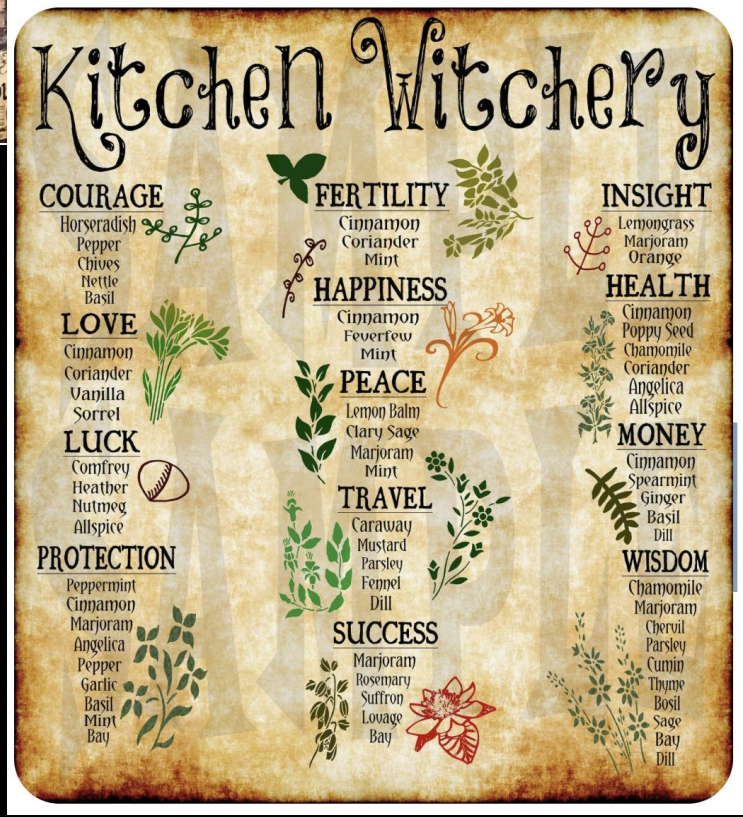
ALTARED INTENTIONS













As this project has taken a herbal/deco twist and through research into folklore and traditional medicine, I wanted to translate this idea through into my asthetic for displaying this collection. I have decided to title the collection Gloomy Furition, in translation 'finding joy in the darkness', this is a play on words with the tought time we have been through in the recent years, and a nodd at the asthetic style of my collection.

Finishing my Mdes with a callection that also intwins with my brand name Surface Alchemy, really shows off my design style and skills.



M7X01792