



What do I need?

1 orange

Jar of whole cloves

Cocktail stick

50g mixed spice

Ribbon or twine



Christmas pomander

What do I do?

Wrap your ribbon or twine over the top of your orange, twist it at the base then wrap it back up to the top to divide the orange into quarters like a little present.

Think about the pattern of cloves you'd like to use on your pomander. You could do a simple design by filling each quarter with cloves, or you could make a more intricate pattern by arranging the cloves into shapes like a star or a cross. You could even use your cloves to create a striped or zigzagged design.

Use your cocktail stick to carefully pierce small holes through the skin of the orange in your chosen pattern. Push the long end of a clove into one of your holes until the little bud is resting on the skin.

Continue to fill the holes with your cloves until your design is complete.

Pour your mixed spice onto a plate and roll your pomander around in them until it is completely covered. This will give it a really lovely festive fragrance!

To make your pomander last longer, leave it in a cool, dry place for a few days before hanging it out on display on your Christmas tree, by the fireplace or from a cupboard door. To keep it smelling fragrant for longer, pop it in the fridge each night before bed.

History of the Christmas pomander



The pomander originated in the Middle Ages when it was a little fragrance-filled ball worn for protection against sickness and even death. With diseases like the Black Death rampant at the time, people believed that the strong smell of the pomander could protect them from the unsanitary, disease-ridden streets.

Spices were placed into little sections inside the pomander - a bit like the segments of an orange! Queen Elizabeth I is often depicted wearing a pomander attached to her clothing, probably made of gold or silver and studded with ornate jewels.

Pomanders were also worn by the lower classes, but these were much simpler and made from cheap materials like wood.

In Christianity churches hold Christingle services during Advent where children are given pomanders with candles in to hold. The Christingle symbolises the light of Jesus and the spread of hope.



As the years went by, pomanders began to be used inside the home as a defence against infection. A cheap alternative to the Elizabethan pomander was to make and dry a clove-studded orange and hang it in the home. This type of pomander is still popular today, but instead of being used to ward off infection it is used mainly to give a delightful Christmas-spiced scent to the house or clothing.

Clove oranges also make beautiful handmade Christmas gifts for friends and family so why don't you make one for someone special in your life?

