



March 23, 2021

Contributed by Pam Keeton

THE POSEY BOOK—A TREAT FOR THE EYES AND HEART

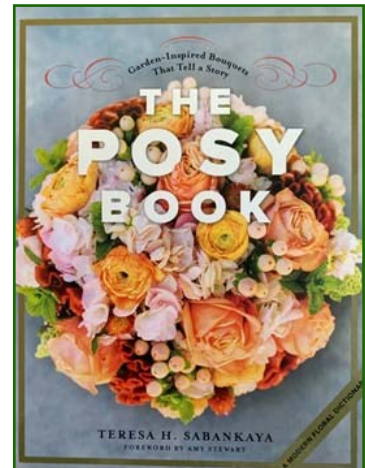
“Flowers have their language. Theirs is an oratory that speaks in perfumed silence, and there is tenderness and passion, and even the lightheartedness of mirth, in the variegated beauty of their vocabulary.” -Frederic Shoberl, Louise Cortambert, and Louis-Aime Martin, *The Language of Flowers: with Illustrative Poetry*, 1848.



So, begins *The Posey Book* by Teresa H. Sabankaya, a nationally-known florist in Santa Cruz, CA, and an avid believer that flowers can be used to express sentiment and tell stories.

“Floriography, the cryptologic communication through the use or arrangement of flowers, has been around since the nineteenth century,” writes Sabankaya.

A posy is a small, round bouquet of flowers and herbs that became popular in the Victorian Age. The *Chicago Tribune* in 1892 reported “posy originally meant verses presented with a nosegay, then came to be applied to the flowers themselves, and finally became the brief poetical sentiment, motto or legend inscribed upon a ring for a finger.” Nosegays and tussie-mussies were often used for the same purpose.



Sabankaya’s book introduces readers to a sentimental, magical world that has been around throughout history. She writes that the earliest evidence of flowers being used to tell a story dates back to ancient Egypt.

After taking readers through the history of floriography, she then provides “Posy Recipes” to express everything from friendship to birth, love, congratulations, and sympathy. One of my favorites is “A Mother’s Love” posy, that includes sage for wisdom, wisteria signifying a daughter’s sweetness, snapdragon for gracious lady, honeysuckle for generosity and affection, Queen Anne’s Lace signifying protection, cornflower for devotion, and of course, roses for love.

A 78-page dictionary tells the meanings of everything from nuts, berries, herbs, shrubs, trees, to, of course, flowers. And a “Quick Start Sentiments Directory” provides readers with lists of selections for various occasions.

Two ways in which Sabankaya makes her poseys even more special is through her selection of vases and her handmade tags. Long after the flowers have faded, the recipient

is left with the tag to remind them of the sentiment and a keepsake vase. In the book she provides ideas for tags as well vases. She often uses antiques.



Photo by Pam Keeton

The book is filled beautiful photos to show how to construct poseys, taken by the author and photographer Danyelle Dee.

Best-selling author Amy Stewart wrote the introduction and Debra Prinzing, founder of Slow Flowers and a big fan of Sabankaya's work, provided a tribute on the back cover.

Zinnias have many meanings, including kind thoughts of

absent friends.



The book was published by Countryman Press. Copyright 2019. It was a gift that I will enjoy for many years. And I just might try my hand at creating a few poseys for friends!