



Cultivating Color

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Color is about seduction.

It is both delightful and one of nature's most sophisticated tools design to capture the attention of all living creatures. Along with pollinators searching for pollen and nectar and hungry animals foraging for ripe fruit, we humans are under the spell of color.

Color is the most obvious element of a garden and an essential tool in the creation of a pleasing landscape.

What's your favorite color?

- According to physics—the branch of science that deals with properties of matter and energy—color is light and vitality. In nature, color is impacted by the time of day, the season, and even where you are in the world.
- In the garden, play with variations on a color theme and explore related hues and shades. Punch up plant compositions with lively complimentary colors and high contrast. Or create a soothing palette of similar analogous colors.
- Don't forget, green is a color
- Create rhythm in the landscape by repeating colors throughout the landscape to lead the eye. Consider every part of the plant, like bark, stems, foliage, and petals, to establish a subtle harmony among plantings.
- In addition to choosing colors mindfully and with an eye for developing relationships and rhythm, plants can be placed to leverage light to spectacular effect. Never underestimate the impact of back lighting

Start your own color practice

The generosity of our attention enlarges our perception. The more we look, the more we see. The more we distinguish, the greater our ability to discern further detail.

Flex Perception

Reframe the Familiar

Refresh your Understanding

In recording color, we're engaging with reality in a new way. This is an invitation to look more expansively at the world around you and sync with time, not just the current season or even a particular day, but the present moment. Ready to begin?



LOOK

Slow down, examine closely, practice befriending your attention. Select a subject to study.

RECORD

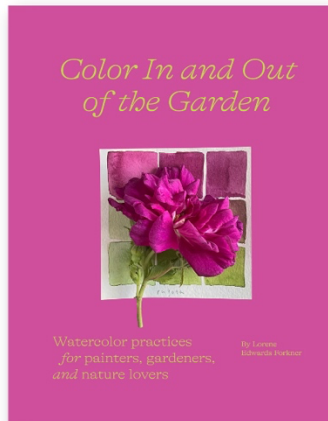
Investigate your subject. Identify characteristics and describe in detail using color to specify and distinguish nuances. Compare relationships – is the color warm or cool? How do the colors play off one another?

NAME

After you've recorded your colors, name your experience. Own your observations. Your completed color study may become a reference for a future project, a practice to improve your concentration and mindfulness, or simply a joyful exercise.

A HANDMADE GARDEN

C U L T I V A T I N G A G O O D & D E L I C I O U S L I F E



Let's connect!

Keep up with news about upcoming events, newly published writing, Lorene's latest paintings and general, often meandering musings on life in and out of the garden by signing up for my email list [HERE](#).

Lorene Edwards Forkner is an author and speaker whose work centers on exploring the wonders of the natural world. She writes a weekly gardening column for The Seattle Times and is the author of several gardening titles, including [The Timber Press Guide to the Pacific Northwest](#) and [The Beginner's Guide to Growing Great Vegetables](#).

Her latest book [Color In and Out of the Garden](#) arrives April 26. Preorders available now wherever books are sold.

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