



KOKEDAMA/MOSS BALL

mindset & materials

THE MINDSET:

Creating Kokedama is about being present and mindful, it's about honoring and reflecting on the Japanese principle and design sense of Wabisabi—an appreciation of the imperfections and impermanence of natural beauty. The characteristics of Wabisabi include simplicity, warmth, earthiness, irregularity, roughness, and acceptance. You'll also learn how to care for this imperfect beauty so it can remind you to be present, mindful, and accept our own nature's beauty (please email to make an appointment).

SUPPLIES & MATERIALS:

G & B Bonsai Mix (3 cups of 4oz shot glass)

G & B Organic Indoor/Outdoor Potting Soil for Container (7 cups of 4oz shot glass)

This will make approximately 1-2 moss balls depending on the plant size

Fresh moss or preserved sheet moss

Thai waxed or water-proof cord for hanging the moss ball

Key-chain ring

Decorative string

Partly sun/shade plant with shallow root system preferably

A shot glass (for measuring)

Water

A big bowl for soil and flat container for soaking the moss

Fishing line

Scissors



KOKEDAMA/MOSS BALL

a style of japanese bonsai without a container (poor man's bonsai)

CHOOSING YOUR PLANT

Plants that are hardy, shade loving with small root systems are better for kokedama. For outdoor, use native plants such as ferns (smaller ones like deer ferns), wild ginger, oxalis, montia, mitelia, woodland strawberry, oxalis, etc. These are PNW native plants, please check your local native plant society for your region.

For indoor, use ferns, peperomia, pothos, philodendron, fittonia, tradescantia, etc.

PREPARE YOUR MOSS

It is easier to use preserved sheet moss available at nurseries. Put a sheet of moss on a flat surface and soak it with water until the moss is saturated about 5 to 10 minutes (I visually use a reasonable size of moss to the size of the plant; a little bit larger is better than too small that you don't have enough to wrap the ball; you can always cut it when it is too much). Then, gently squeeze the excess water without breaking the sheet. Place it flat on a surface with the brown part facing up (you'll come back to this for step 5 below).

LET'S MAKE OUR KOKEDAMA

1. Water the plant at least an hour beforehand. When you're ready to make your kokedama, massage the pot gently, take out the plant from the pot and shake it gently to shed all the excess soil from the root then put it aside.
2. Pour 7 to 3 proportion of organic potting soil (7) and bonsai mix (3) into a bowl and mix (I used shot glasses for measurement and it makes about 2 moss balls depending on the root size). Once mixed evenly, add water (about 5 shot glasses) and mix again until it is a little bit wet and sticky. It's better to have more water than dry for stickyness.
3. Form a mud ball to the size proportion to your plant and the root. You know the consistency is right when you can form a ball without the soil breaking apart too much.
4. Break the ball into half, put one half aside. Take the plant and put the plant into the half that's in your hand then sandwich the plant with the other half ball.
Shape the soil around the roots into a spherical or oval by squeezing the ball together (excess water might come out) until it sticks together (add water when it crumbles).
5. Place the ball on your flatten moss then wrap it around the ball and keep squeezing it until the moss sticks to the ball. Tie the moss ball using fishing line and keep wrapping it around the moss ball until the moss stays intact; the goal is to bind the ball.
6. For table-top, tie a cute ribbon around the ball. For hanging, place the cord flat so it has 3 quadrants or look like a peace sign then put your moss ball in the center. Pull up the 3 strings up then tie them into the keychain ring. Then, tie a cute string around the ball to secure the 3 cords in place.



KOKEDAMA/MOSS BALL

care instruction

HOW TO CARE FOR YOUR KOKEDAMA

Place it outdoor in covered patio with partial shade; avoiding direct sunlight.

SOAKING (CHECK ONCE A WEEK WHEN IT FEELS DRY OR LIGHT)

Submerge the ball part in a bowl of water (below the base of the plant), plant side up.

Push the moss ball down so that it is fully submerged and begins to absorb water.

Allow to soak for 10-15 minutes or until fully saturated with water.

Remove kokedama from the water & gently squeeze the moss ball to take out excess water as much as you could (**IMPORTANT STEP TO PREVENT MOLD**)

Over the time, you will be able to know when your kokedama needs to be soaked from its weight and touch (soak when it is light and feels dry).

It is always better to under water than over water.

MISTING (BETWEEN SOAKING)

You are also welcome to mist the moss LIGHTLY to keep it green every other day depending on your indoor environment. **TIPS:** Remove any dead or diseased foliage to keep the plant healthy. You are welcome to prune it to keep it small (same concept as bonsai).

If roots start to show through, its time to re-plant it with the moss into a container (both for tropical and plant) or in the ground (only for native plants).

I would love to hear from you & how I can help you to learn more about our PNW native plants through my products and services! I can help you create a custom mini-habitats botanical solutions for your porch, balcony or small garden!

Join me spreading the word about the beauty & importance of native plants for our habitat. Small spaces. Big impact.

楽しい

TANOSHĪ

ENJOY!

www.poppyandfinch.com

email: weina@poppyandfinch.com

instagram: @mypoppyandfinch



KOKEDAMA/MOSS BALL

plant list

It's fun to explore and experiment with different plants but I would choose a shallow-rooted plants that live in woodland or forest habitat (moss) to honor the integrity of the principles of kokedama. Succulents or cactus wouldn't be recommended.

RECOMMENDED NATIVE PLANTS FOR OUTDOOR:

- Maidenhair Ferns (*Adiantum* spp.)
- Wild Ginger (*Asarum caudatum*)
- Deer Fern (*Blechnum spicant*)
- Yerba Buena (*Clinopodium douglasii*)
- Beach Strawberry (*Fragaria chiloensis*)
- Salal (*Gaultheria shallon*)
- Alumroots (*Heuchera* spp.)
- Twin Flower (*Linnaea borealis* var. *longiflora*)
- Slightstemmed Miterwort (*Mitellastrum caulescens*)
- Sorrel (*Oxalis oregano*)
- Yellow-Eyed Grass (*Sisyrinchium californicum*)
- Bigflower Tellima (*Tellima grandiflora*)
- Miner's Lettuce (*Claytonia perfoliata*)

RECOMMENDED TROPICAL PLANTS FOR INDOOR:

Ferns, Pothos, Philodendron, Peperomia, Pilea, Begonia, False Aralia, Spider Plants, Nerve Plants, Peace Lily, Tradescantia (Spiderworts), etc.

You can keep pruning the plant to keep it small like bonsai. You're also invited to let it grow; it depends on your aesthetic preferences. Once the root outgrows the moss ball, you can simply add soil to the moss ball and plant it into a next size of pot.

PLEASE DO NOT PLANT THE TROPICAL PLANTS OUTSIDE IN THE GROUND AS IT IS NOT NATIVE TO OUR REGION AND COULD POSSIBLY TURN INTO AN INVASIVE PLANTS THAT WILL TAKE OVER OUR NATIVE HABITAT.