

FRENCH BLOOMS

floral arrangements inspired by paris and beyond

SANDRA SIGMAN
of Les Fleurs



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RIZZOLI
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FALL FLORALS & FOLIAGE

*coral bells • dahlias • grasses, including bunny tail, millet, and sea oats
herbs • Japanese painted fern • ninebark • pear tree • rosehip
scabiosa • sedum • smokebush*



CORAL BELLS

Heuchera

There are many varieties of coral bells, which have patterned, wavy, or ruffled leaves in colors ranging from celery green to almost black. The spring and early summer flowers, also known as Heuchera, attract hummingbirds and butterflies and come in hues of coral, red, white, or pink, depending upon the variety.

GRASSES

Fall grasses are an exciting way to add movement to your floral designs. While there are many kinds to choose from, my favorites include millet, sea oats, and bunny tail, which, as the name indicates, has fluffy ivory tips reminiscent of the white cottontails of rabbits. I like to add fresh or dried bunny tail grass to arrangements for a touch of softness. You can dry all of these grasses by hanging them upside down in a dark area for several weeks. Once dried, arrange them in one or two favorite containers to enjoy after your garden has faded.

HERBS

Basil, Mint, Purple Sage, Rosemary

I often add herbs to my arrangements, especially the smaller ones. Aside from giving bouquets an authentic French touch, herbs add a pleasing aroma. Cuttings of cool mint and grassy basil enhance summer posies, while sprigs of rosemary and sage add a woody warmth to autumnal bouquets.

JAPANESE PAINTED FERN

This silvery green fern with purple-red midribs keeps its lustrous patina through fall as most other ferns begin to wilt and brown. Since these types of ferns do like the shade, make sure to plant them in a protected part of your garden out of full sun.

NINEBARK

I love my large ninebark shrub for its tall coppery-bronze leafy limbs. These branches add substance and grandness to my floral designs. If you choose to grow ninebark, find an area with plenty of space, because it can grow up to ten feet tall.

PEAR TREE

I treasure the 'Chanticleer' pear tree in my garden, not for its fruit (the pears are small and bitter), but for its white spring blossoms and striking foliage, which goes from shiny green in spring and summer to golden orange and even purplish red come fall.

SEDUM

Sedum has thick, succulent pale green leaves and waxy flower heads in lime, pink, and other colors, making it a beautiful addition to any garden. The low-growing variety nicely edges paths and rock gardens, while the upright ones are best for cutting. A bonus is that sedum also attracts bees, thus aiding in cross-pollination.

SMOKEBUSH

Smokebush, with its deep crimson hue, is perfect for autumnal bouquets. It makes an ideal complement to the brighter jewel tones often used during this time of year.

COULEURS D'AUTOMNE

autumn colors

Fall

SEASON



CONTAINER

Sideboard

LOCATION

Fall in New England has a magical quality, especially in my garden. As the weather turns cooler, the foliage and florals take on a richer, more exciting look: the sedum now has a burgundy hue, the ferns and greenery have taken on a golden patina, and the dahlias and zinnias are competing for best in show. Seeing all these deepening colors and textures is inspiring as a designer. In fact, I often have to remind my clients that some of the most striking arrangements take advantage of autumn's unexpected treasures—the leafy branches, berry-rich foliage, and ferns that could be growing in their own backyards.

ingredients

One 7-inch-wide, 7-inch-high
vintage glass compote

One 3-inch flower frog

Floral putty

One 6-inch piece
coated chicken wire

Floral tape

6 branches ninebark
(3 green and 3 dark burgundy)

2 branches Japanese maple

2 branches Amur maple

2 branches brown
copper beech leaves

Three 8-inch snippings of
clematis vine without flowers

3 leaves from a deep burgundy
'Palace Purple' Heuchera

3 branches linden arrowwood
(*Viburnum dilatatum*)

3 deep yellow
'Hamari Gold' dahlias

3 deep apricot
'Crème de Cognac' dahlias

3 salmon-bronze
'Sierra Glow' dahlias

5 dusty rose
'Jowey Winnie' dahlias

7 'Swizzle Scarlet and
Yellow' zinnias

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method

1. Prepare your container by fastening the flower frog to the bottom with floral putty. Shape your coated chicken wire into a ball. Insert the chicken wire into your container over the flower frog. Secure the wire with floral tape. Fill the container with room temperature water and add flower food.
2. Trim and add the ninebark to the left and right sides of the compote. This will act as your guide when adding the other greenery.
3. Next, start adding both varieties of maple branches, the copper beech branches and clematis vines, positioning them so they fall naturally on the right and left sides of your arrangement. The goal is to use the greenery to create a subtle U-shape structure for the flowers.
4. Tuck the Heuchera leaves and branches of linden arrowwood along the compote's edge to create texture.
5. Trim your deep yellow dahlias to different lengths and place the shortest in the center of the arrangement. Place the second one to the left and the third one toward the upper right. Cluster the deep apricot and salmon-bronze dahlias toward the front section of the composition to anchor it. These dahlias are your "face flowers" and will help keep the arrangement from visually floating away or looking like a vase of vegetation.
6. Nestle the dusty rose dahlias near the larger dahlias. Then, place 1 zinnia in the arrangement's lower left area and 1 in the upper right. Add the remaining zinnias to any dark sections that could use a pop of color.





RÊVE D'AUTOMNE

autumn dream

Fall

SEASON



CONTAINER

Sideboard

LOCATION

I created this large-scale floral display for a client who was hosting a festive fall event at her home. Even though this arrangement looks grand, it's quite simple to create. The framework consists of vegetation that I cut from my property, but you easily can substitute whatever similar greenery grows near you. What adds to the wow factor of this masterpiece is the bounty of apricot, gold, cream, and salmon-pink garden roses that play off the dark, moody foliage.

ingredients

One 14-inch-wide,
9½-inch-high dark gray
iron footed urn

One 10-inch-wide round
low glass bowl insert

One 3-inch flower frog
Floral putty

One 20-inch piece
coated chicken wire

Floral tape

3 pear tree branches

3 spider flower (*Grevillea*)
greenery stems

3 branches *Banksia integrifolia*

3 branches brown
copper beech leaves

5 stems spirea

5 stems seeded eucalyptus

3 stems spiral eucalyptus

5 to 7 blades foraged
grasses, such as millet,
sorghum, and oat

3 bracken ferns (which
patina to a beautiful
golden color in the fall)

7 large rust-colored
chrysanthemums

5 taupe 'Purity' garden roses

3 pale peach
'Juliet' garden roses

2 peachy cream 'Princess
Maya' garden roses

7 butterscotch-colored
'Caramel Antike' garden roses

5 stems ivory lacecap
hydrangea (which turn a
soft crimson in the fall)

3 stems dusty rose
'Flamingo Feather' celosia

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method

1. Prepare your container by nestling the glass bowl inside. I use moss from my woods to secure the bowl, so there is no movement when designing. Fasten the flower frog to the bottom of the glass bowl with floral putty. Shape your coated chicken wire into a ball. Insert the chicken wire into your glass bowl over the flower frog. Secure the wire with floral tape. Fill the container with room temperature water and add flower food.
2. Place your tallest branches of pear tree, spider flower greenery, and *Banksia integrifolia* into the chicken wire and flower frog in an asymmetrical fashion to give a natural garden feel to the arrangement. Next, add your smaller greenery, starting with the branches of copper beech leaves, spirea, and the different varieties of eucalyptus. Trim the foliage to follow the line you created with your taller branches. This will give the piece a fuller look.
3. Trim the grasses and add them to the outer edges of your composition so that they cascade over the sides. The idea is to create a willowy arrangement inspired by an autumnal garden. Add the ferns, trimming them enough so that they bow over the rim of the urn. You now have the structure for your display.
4. Trim your rust-colored chrysanthemums to varying lengths and add them to the composition, starting from the top left and working your way down to the middle, since most people look at floral displays from left to right. Add in the different colored roses, placing most of them in the left and front areas of the arrangement and a few toward the upper and lower right sections. Next, add the hydrangea along the bottom front area to soften the container's edge. Finally, add your wispy "dancer" celosia to the lower right, upper center, and left areas. Stand back and adjust any flowers and foliage as necessary.



