What plants are you wearing today?

Plant fibers – the threads of life

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Fiber, fiber, fiber
Information about 25 different fiber plants
Educational programmes for all levels – from age of 11 to adults – + visit to greenhouses
Demonstration of different methods of spinning flax
The opening event
Sunday events
Hand spinning and scutching
Rope making of *Tilia cordata* (lime)
Demonstration of retting, drying, treshing, breaking and heckling for educators from visiting Norwegian museums.
Learning by doing
Flax *Linum usitatissimum*
Stinging nettle *Urtica dioica*
Sisal Agave sisalana
Hemp *Cannabis sativa*

Unfortunately fiber hemp (industrial hemp) is forbidden to grow in Norway.
Native to the Americas, the epiphyte Spanish moss has been used for many purposes such as insulation, protective wrapping, and mattress stuffing.
Water hyacinth *Eichhornia crassipes*

*Eichhornia crassipes* is an aquatic plant native to the Amazon basin, and now considered a highly problematic invasive species outside its native range. Handbags, rope, paper – now: sanitary napkins!
Outdoor activities – how to dye
Outdoor activities, like: which rope is the strongest?
Plant fibers are fun!