





*Infusion*, 2020

6.5' 3.5' x5'

silk organza, cotton crochet thread, dried medicinal herbs (leaves, stems, flowers, berries)—Elderberries, Slippery Elm bark, Rosehips, St. John's Wort, Skullcap, Chamomile, Red Raspberry Leaf, Myrobalan, Hibiscus

Project Statement:

Plants are medicine and color. *Infusion* looks at the connections of plants, color to health and flow of nutrients in the postpartum body through gradations of color. The maternal body is an intricate network of invisible systems that allow for growing, birthing and feeding another life. They are intertwined and when one is lacking the others are affected. The hormonal system, nervous system and immune system are delicately balanced and must be supported after giving birth to upkeep the mother's physical and emotional wellbeing. During the 4th trimester, the three months after having a baby, I was advised by my midwife to replenish the vitamins and minerals drained from my body during pregnancy. While vitamin pills offered one possible route to this revitalization, herbal infusions—strong teas—made from plants provided an easily absorbable, tasty and affordable way to support my health and postpartum body.

In this work three garment-like organza forms are dyed using the herbs that I have taken to support these three systems- nervous, hormonal and immune. The shibori technique of binding the fabric and dipping in the plant-based dye bath creates round impressions of postpartum maternal breasts and belly. The network of surface texture, wrinkles and organic lines, also implies internal bodily pathways. Gradations of color suggest the draining and replenishing of nutrients vital to these internal networks. Bound cords connect the maternal figures to the source of health giving nutrients. The skin-toned bag-like form resting on the floor is filled with the dried medicinal plants used in the dye baths and references both a placenta and the tea bags used to make the infusions. The transparent forms hang like natural intravenous solutions, the interweaving cords suggesting a new umbilical pathway through which the mother can replenish the nutrients lost during pregnancy.