

DAISY'S MARKET

BLOOMING GENTLY

MARCH 2026



Written by Mema Keko



BLOOMING GENTLY

As the weather starts to warm up in the Midwest, and the daffodils bloom among the patches of snow still left over, I smell spring is near. I gain the urge to open all the windows to let the “new air” in and declutter anything that doesn’t bring me joy. I’ve grown to appreciate this transitional period between winter and summer as it allows me to partake in new beginnings.

The term, “new beginnings” may seem daunting and even terrifying because it does signify that change is coming or is here already. For 2026, I wanted to slow down and, as cliché as it sounds, stop and smell the roses. With the first day of spring right around the corner, I want to focus on blooming gently, where I’m allowing myself to enjoy the process of growing, without rushing to bloom.

Throughout this edition, I want to share how I’m enjoying each step of growth without rushing the beauty of the process.

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PESTO RECIPE

I love pesto because it's fresh, full of greens, and such a great staple to have in the fridge for pastas, dips, dressings, and more. It's a pretty simple recipe, but that just allows for more room to experiment like replacing the nuts or herbs.

PESTO RECIPE

Makes ~1. Cup | Time: ~15 Minutes

INGREDIENTS:

- 2 Cups | Basil Leaves (*about two big handfuls*)
- ½ Cup | Nuts (*Pine, Walnuts, Cashews, or Pistachios*)
- 2-3 | Cloves of Garlic (*or more*)
- ¼ to ½ Cup | Grated Parmesan Cheese
- 1 Teaspoon | Salt
- ½ Teaspoon | Black Pepper
- Juice of 1 Lemon
- ½ Cup | Olive Oil

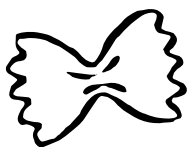
TOOLS:

- Blender or Food Processor
- Grater or Microplane
- Juicer (optional)
- Container(s)

INSTRUCTIONS:

1. Place the basil leaves, nut of choice, and garlic cloves into the blender or food processor.
2. Grate the parmesan cheese into the blender or food processor along with the juice of 1 lemon. Add in the salt and pepper.
3. Run the blender or food processor for a few seconds until everything is broken up into smaller pieces.
4. Slowly drizzle in the olive oil. Add more if needed.
5. Pour the pesto into a container and enjoy.

IDEAS FOR THE PESTO SAUCE:



Use in pastas as a sauce.
(Simple, but effective)



Add extra olive oil to use as
a dressing on pasta salads.



Use as marinade for
meat, fish, or vegetables.



Mix together a spoonfull
of pesto with mayo to use
in sandwiches & wraps.



SPRING ONIONS

MICROGREENS

GARLIC SCAPES

HERBS (BASIL)

GROW PLANTS ON YOUR WINDOWSILL

I love gardening, but living in Iowa, I only get to garden outside for a few months before it gets too cold. To help with my urge to garden and touch dirt, I dedicated a windowsill in my kitchen to my indoor plants where they get plenty of sunshine to grow. Below are a few plants that I have on my windowsill that are fun to watch grow.

MICROGREENS:

Microgreens are tiny seedlings of vegetables and herbs and typically take about 7-14 days to grow. I love planting microgreens because they don't take up too much space, they grow quickly, and are a fun way to add some color or texture to a dish or salad. I planted my swiss chard and beet microgreens just on the surface of the dirt in these little teacups.

SPRING ONIONS:

I bought a pack of spring onions and didn't end up using them all. To help combat waste, I washed the remaining spring onions and put them in a jar of water. This helps keep them fresh longer and grow the green stalks which I like to use in recipes and as garnish.

GARLIC SCAPES:

I had some leftover garlic bulbs that were starting to sprout and decided to let them grow. I peeled the skin of each clove and placed them, with the root side down, on a small dish. I filled the plate with some water and they started growing rapidly. They love water, so remember to refill frequently.

HERBS:

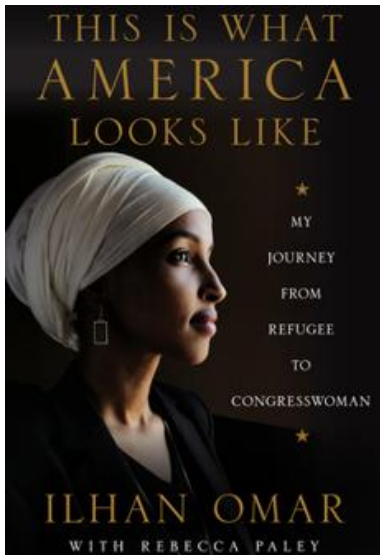
Herbs are some of the best and most useful plants to grow on or near a window. I recently bought this basil plant from Trader Joe's to use in a homemade pesto sauce (included in this edition), and didn't end up using all the basil leaves. I removed all the lower leaves from each stem to allow the plant to grow taller and stronger.



NEW BEGINNINGS & RAINY DAYS

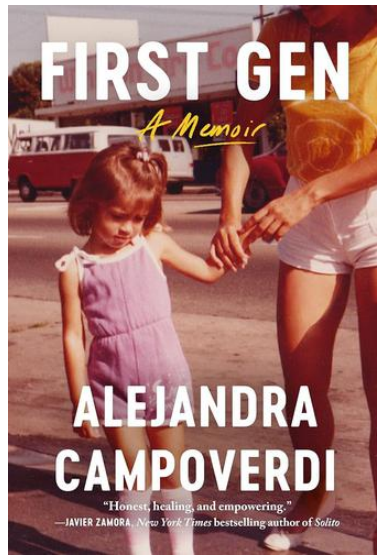
New beginnings are terrifying! I am a creature of habit and sometimes, I don't want to try something new or start over, but every time I embrace the "new" or "unsure", it's worth it. I always get told that the only constant in life is change and it's true. Change is inevitable and it will creep up on us sooner than later, so why not embrace it now?

I chose three books and three movies that show that new beginnings are scary and terrifying, but the results are fruitful.



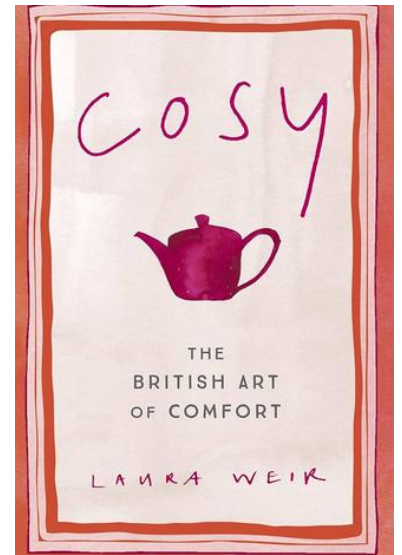
THIS IS WHAT AMERICA LOOKS LIKE

By: Ilhan Omar



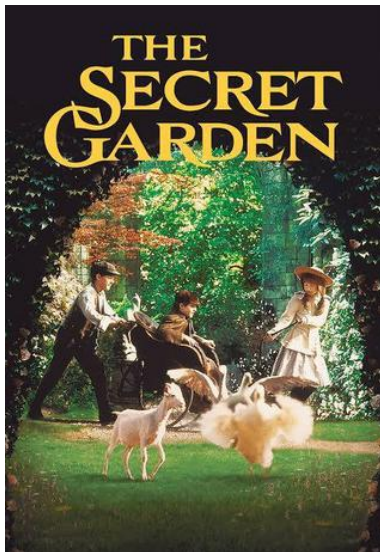
FIRST GEN

By: Alejandra Campoverdi



COSY: THE BRITISH ART OF COMFORT

By: Laura Weir



THE SECRET GARDEN

Directed by: Agnieszka Holland



EAT PRAY LOVE

• *Directed by: Ryan Murphy*



MINARI

Directed by: Lee Isaac Chung

MORNING PAGES CHALLENGE

I have been trying to write and journal more for the past few years. I've been loving it. For the month of March, I want to dedicate a few minutes every morning to write in my journal. I have a small journal because I felt very overwhelmed with larger empty pages, so this has been a nice way for me to journal more often with less stress. Below are a few reasons on why you should journal every day or frequently.

ALLOWS MYSELF TO BE HONEST.

We all have that little person in our head constantly telling us that it's okay or it's fine, but it's not. My journal is my safe space to be honest about my feelings and thoughts without criticism or external factors trying to change how I feel or think.

PROCESSING SITUATIONS OR ISSUES

Within the past year, there has been plenty of hard days where I need to process a certain situation or issue that came up. Whether it was from a personal encounter or from doomscrolling on my phone and seeing people suffer, I needed to write my thoughts down to fully understand myself and others.

KEEPS ME FOCUSED ON MY GOALS

I'm an ambitious person and I love to set goals, both large and small. To keep me focused, I've started to write down what my plans are for the day and what I want to accomplish. Whether it's a laundry list of chores or setting appointments, it helps keep me accountable.

BRAINSTORMING IDEAS

In school, I remember before every project, whether it was writing an essay or a presentation, we were required to brainstorm ideas. I feel that we never get those opportunities to just "brain dump" ideas in our lives anymore. There is so much routine and structure in my life that I want a few minutes to dump my thoughts, feelings, projects I want to do, or even recipes I want to make onto a page.

PRACTICING BEING GRATEFUL

There are days where I do feel "off" or upset at the world and I need to "touch grass". Journaling has allowed me to practice being grateful for the life I currently live. I try to write about something I'm grateful for almost every week and it has helped me stay grounded.



March 1, 2026

ENERGEL
Liquid Gel Ink

Pentel

MEND YOUR CLOTHES & ACCESSORIES

I've been on social media for over 15 years and if there is a specific content I've seen plenty of, it's a haul of clothes. Yes, I love a good haul, especially of a thrifted or secondhand haul, but we don't need to buy clothes all the time. It's been a challenge for me to change my mindset and try not to buy as many clothes and stuff in general, but it's been life-changing. Quality over quantity is a phrase I've been trying to remember whenever I am buying something, whether it's thrifted or not, I want my money to go towards something that will last me forever, not just for a few weeks. To help extend the lifespan of some of my garments, I've been mending them.



For example, I had a small hole in this beautiful gray sweater that I had thrifted years ago! It's 100% wool and I wear it year round because it's the right thickness. I didn't want to get rid of it, so I wanted to experiment with visible mending. I had to buy a few items, but overall, it didn't cost too much to get started. I watched a couple of YouTube & TikTok videos on basic stitches and I was able to mend a cute gray heart on my sleeve and I've been able to wear it again.



Another item I mended was a pair of jeans I bought last summer from Old Navy. Again, I wear these jeans all the time and ended up having two little holes on one of the back pockets. I didn't want to buy another pair of jeans because these fit so well, so I just embroidered two little sunburst designs and they turned out so cute.



Lastly, I had a small hole in one of my clear tote bags that I bring along to stadiums because of the clear bag policies. It wasn't a large hole, but again, I didn't feel like spending another \$20 or \$30 on a tote bag I only ever use a few times a year. I found some scrap fabric and stitch it around the hole using my sewing machine and it worked!

WHAT YOU NEED TO START MENDING

This is the bare minimum to start mending your clothes and accessories. There are plenty of other tools and helpful items, but I like to keep things simple.



EMBROIDERY HOOP(S):

I only bought the smallest hoop size I could find and it's been working well for me.



EMBROIDERY NEEDLE(S):

I bought a small pack of embroidery needles and yes, I did break two, so just a heads up.



EMBROIDERY FLOSS:

I started off by buying a few colors, but I know there are sets too.



SCISSORS:

A nice pair of fabric scissors to help cut fabric and the embroidery floss.



SCRAP FABRIC:

I like to put some fabric on the hole as a stabilizer for the embroidery floss.

SEWING PROJECT: FLOWER SCRUNCHIE



I saw these flower scrunchies all over Pinterest recently and thought that would make the cutest accessory for spring! I know, flowers for spring, *groundbreaking*, but they are really cute and such a great sewing project for beginners.

FLOWER SCRUNCHIE

Level: Beginner | Time: ~1 Hour

TOOLS & MATERIALS

- Template (on next pages)
- Fabric
- Marking Utensil (Hera Marker, Chalk, Pencil)
- Fabric Scissors and/or Rotary Cutter
- Pins
- Ruler
- Thread
- ¼ Inch Elastic (About 10 Inches)
- Safety Pin
- Poly-Fil (any soft filling)

INSTRUCTIONS:

1. Gather all the materials and print off the template from my website (memakeco.com) under Patterns. Cut on the solid lines.



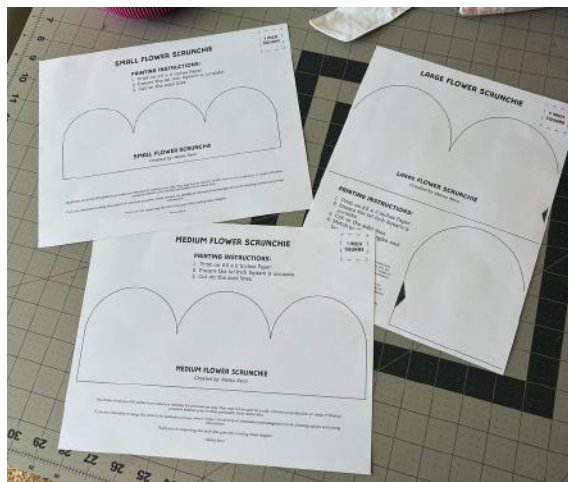
Large measures about 8 inches in diameter.



Medium measures about 6 inches in diameter.



Small measures about 5 inches in diameter.

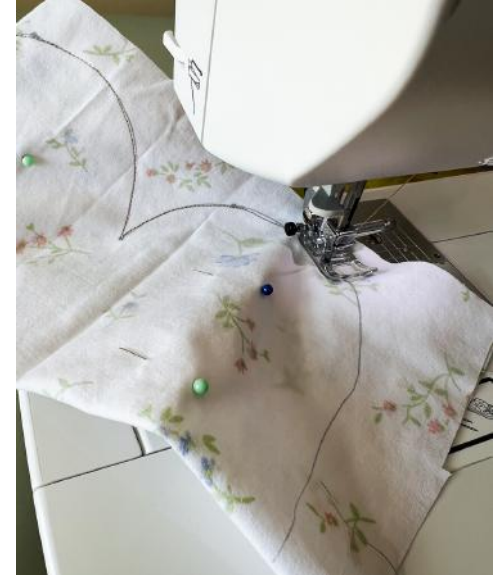




2. Fold your fabric (good side to good side), and place the straight edge of your template onto the folded edge of the fabric.
3. Using a writing utensil or chalk, trace the template onto the fabric.



4. Pin the folded fabric together. I like to use 2 pins per "petal".
5. Trim away any excess fabric.



6. Stitch on the line marked, leaving an inch opening at the beginning and at the end.



7. The two gaps that we will use to flip the piece inside out.



8. Once done sewing, remove the pins and trim around the stitched line, leaving a quarter of an inch border.
9. Either use fabric scissors and create little slits around the curved edges or use pinking shears to reduce bulk.



10. Flip the piece inside out and use a wooden dowel, hera marker, or anything with a dull end to "poke" the curves out.



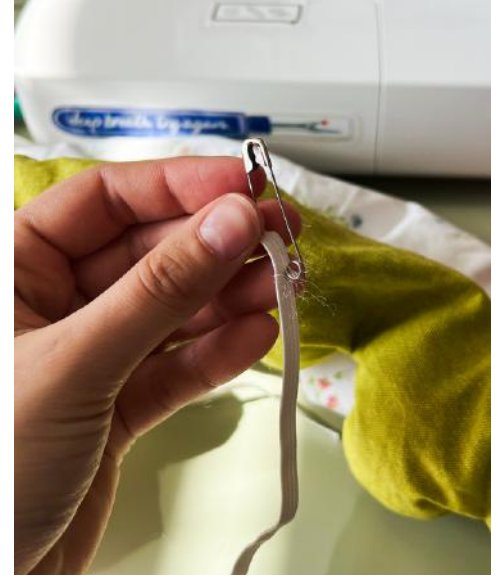
11. Using poly-fil or any type of soft filling, stuff your flower scrunchie.

12. Work your way from the middle to the end and you don't need to fill the petals up that much.



13. For the $\frac{1}{4}$ inch elastic, start out by cutting a 10 inch piece. You can adjust the length after it's threaded.

14. For my hair thickness, I needed 6 inches.



15. Using a safety pin, thread the elastic onto the pin.



16. Thread the elastic through the 2 gaps we left open.



17. Tie the elastic into 1 loose knot and test on your ponytail. Adjust as needed.

18. Double knot the elastic once finalized.



19. To close the gap, either handstitch (*straight or invisible stitch*) or finish on your sewing machine.

20. And that's it! Enjoy!



SIZE SMALL



SIZE MEDIUM



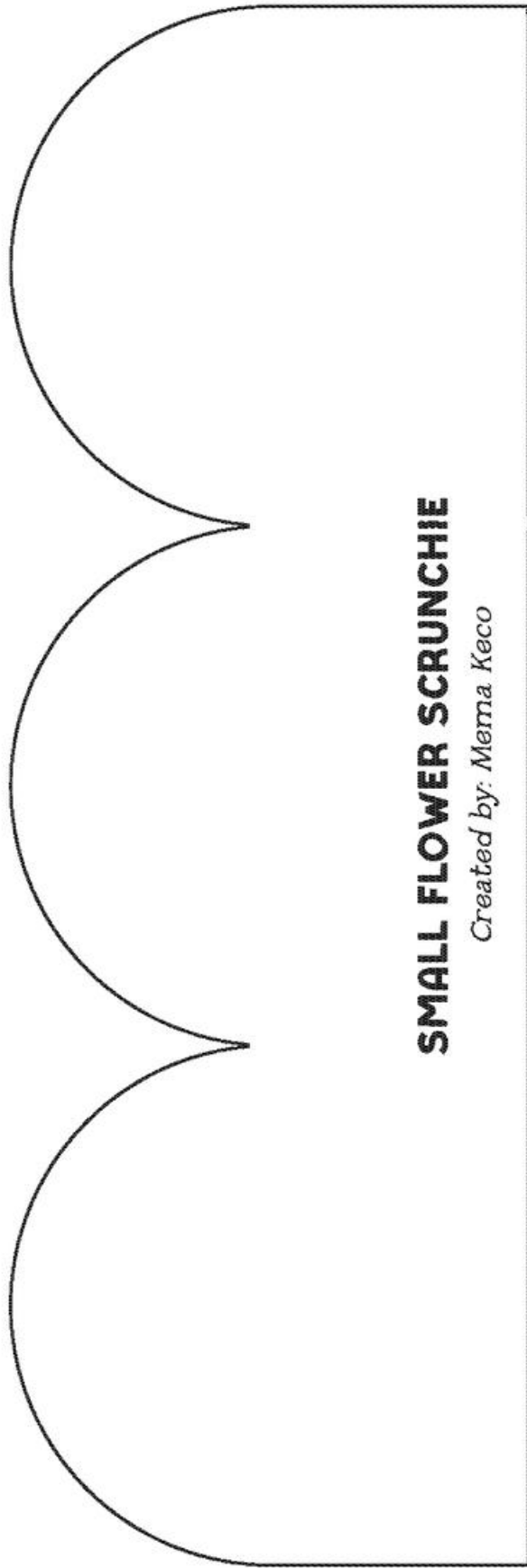
SIZE LARGE

SMALL FLOWER SCRUNCHIE

1 INCH
SQUARE

PRINTING INSTRUCTIONS:

1. Print on 8.5 x 11 Inches Paper.
2. Ensure the 1x1 Inch Square is accurate.
3. Cut on the solid lines.



SMALL FLOWER SCRUNCHIE

Created by: Mema Keco

The Flower Scrunchie PDF patterns provided are intended for personal use only. They may not be used for profit, commercial production, or resale of finished products without prior written permission from Mema Keco.

If you are interested in using this pattern for business purposes, please contact me directly at memakeco.business@gmail.com for licensing options and pricing information.

Thank you for respecting the work that goes into creating these designs!

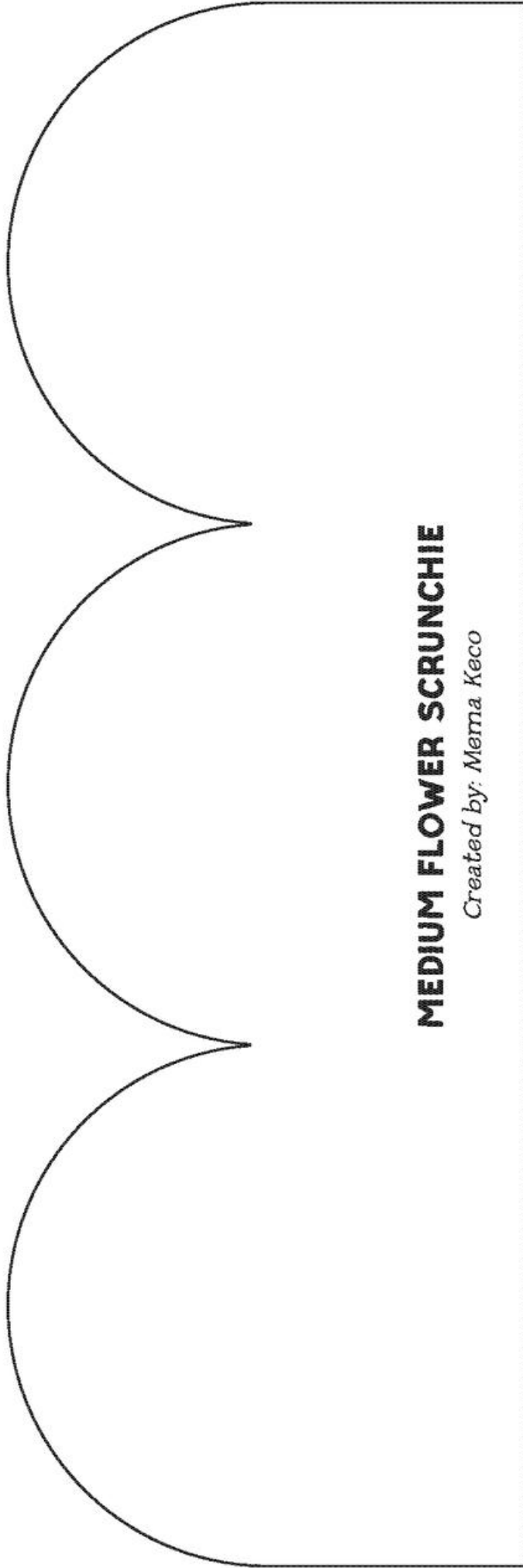
— Mema Keco

MEDIUM FLOWER SCRUNCHIE

1 INCH
SQUARE

PRINTING INSTRUCTIONS:

1. Print on 8.5 x 11 Inches Paper.
2. Ensure the 1x1 Inch Square is accurate.
3. Cut on the solid lines.



MEDIUM FLOWER SCRUNCHIE

Created by: Mema Keco

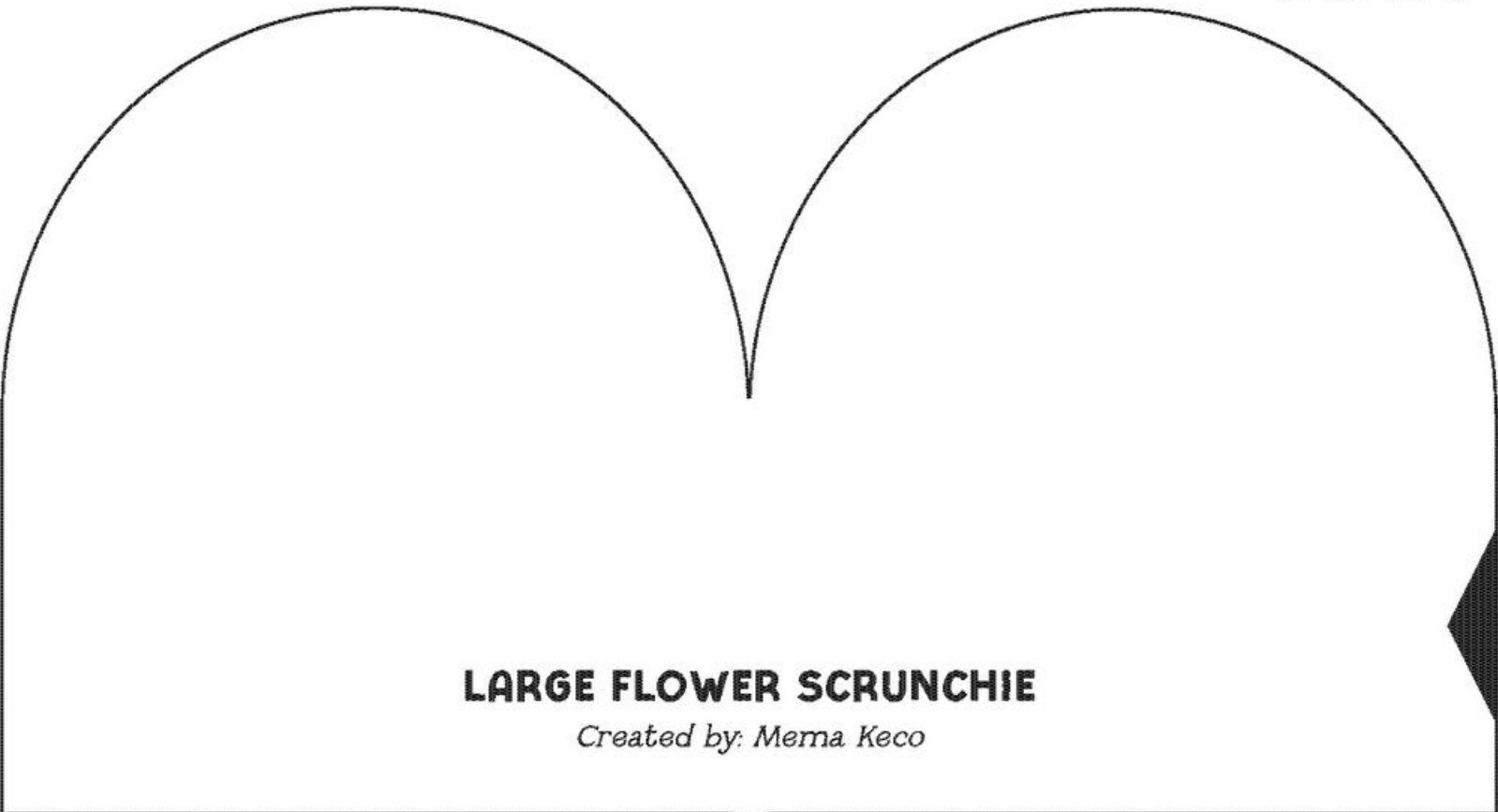
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— Mema Keco

LARGE FLOWER SCRUNCHIE



LARGE FLOWER SCRUNCHIE

Created by: Mema Keco

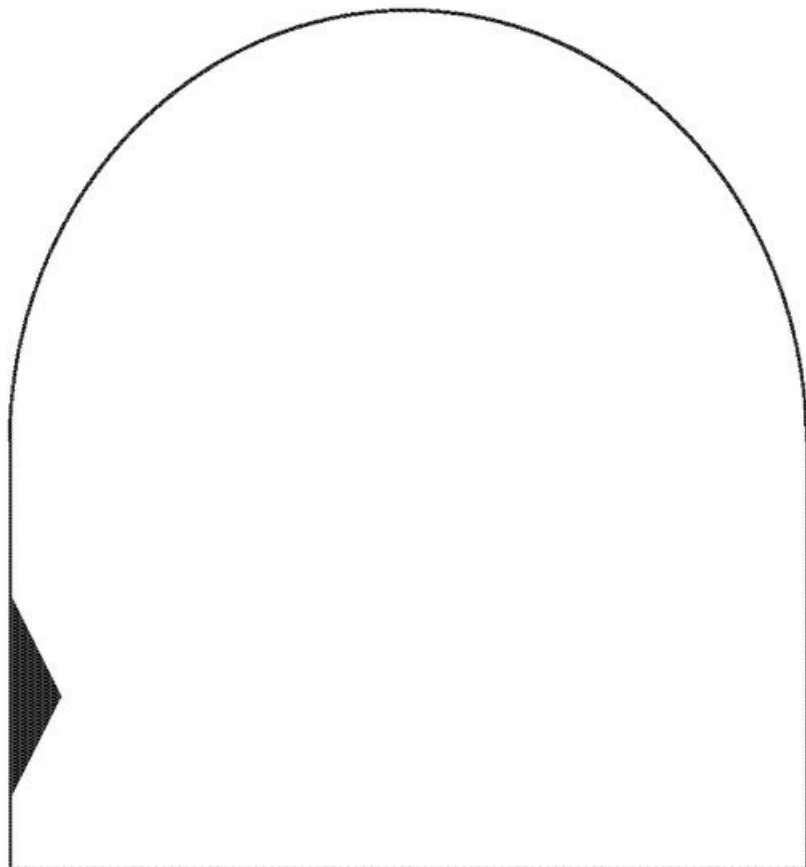
PRINTING INSTRUCTIONS:

1. Print on 8.5 x 11 Inches Paper.
2. Ensure the 1x1 Inch Square is accurate.
3. Cut on the solid lines.
4. Match up the triangles and tape together.

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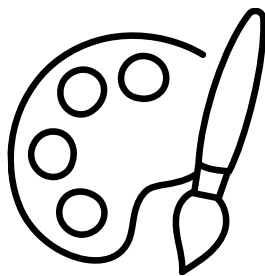


MARCH BUCKET LIST

I love March because spring is almost here and with that, plenty of rainy days, beautiful flowers, and getting my hands dirty with planting seeds. Below are a few fun activities to do this month.



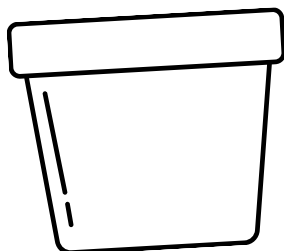
Start seeds indoor or plant a few microgreens on your windowsill.



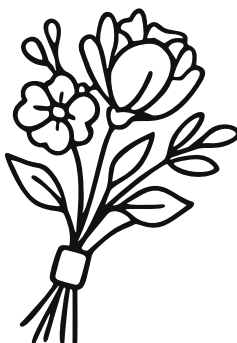
Paint a spring scene inside on a rainy day or outside on a nice day!



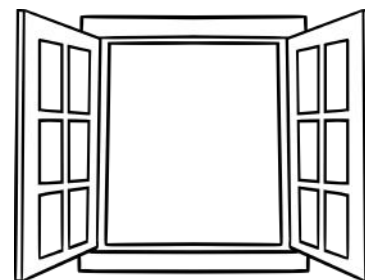
Visit your local park and have a picnic with your favorite sandwich.



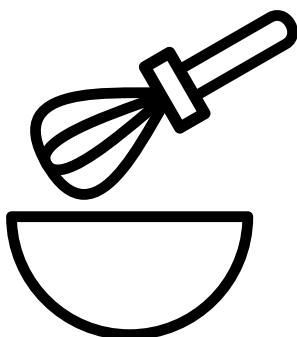
Paint a flower pot to use for a plant or to hold your pencils.



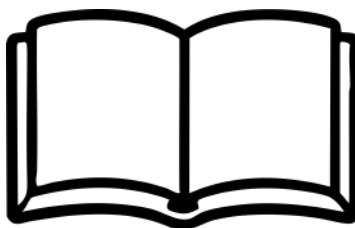
Buy yourself (or someone) a bouquet of flowers.



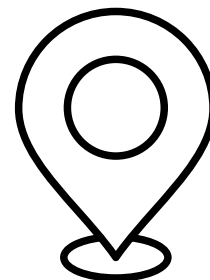
Open all your windows on a beautiful day.



Try a new recipe and bake something delicious.



Read a poetry book.



Be a tourist in your town and visit the must-see spots.

JOURNAL SPREAD IDEA

Print this page and color the images once you complete them!



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