



**Tuesday, 19<sup>th</sup> May**  
**Natural dyes**

You can make dyes from lots of different vegetables:

Red onion = purple

Brown onion = yellow

$\frac{1}{4}$  -  $\frac{1}{2}$  red cabbage = purple

Red cabbage + teaspoon of baking soda = blue

1 beetroot = purple

2 carrots = orange

Turmeric = yellow (experiment with different amounts from 1 tspn to 1 tbsn for different intensity of colour)

Coffee and tea = brown



1. Take an old piece of fabric.....cotton is best.....perhaps an old plain pillowcase.
2. Place 3 cups of water in a saucepan and add your chosen vegetable (cut up). Let it boil to release the dyes.
3. Strain the liquid off the vegetables into a bowl and when it cools add your fabric. **What great colours aren't they!!** (Take care. These foods will stain!)

inSpire

### Other ideas

4. You can always make tie dye by placing a small stone in the centre of your fabric and tying tightly around it with string.
5. If you leave a bit of fabric and tie again you get a really good effect!
6. Why not try dying an old T-shirt?!

### Top tips:

The longer you boil your foods for, the darker the dye.

The longer you leave your fabric soaking, the darker the colour. (Remember, your fabric will lighten in colour when it dries)

Take care in the kitchen.....these foods will stain!

**Have fun!**

