

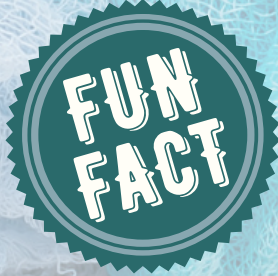


NATURAL DYES

	1/2 c. KALE/SPINACH		1 SMALL BEET, CHOPPED
	2 RED ONION SKINS		1 AVOCADO PIT
	1/2 c. RED CABBAGE		1/2 c. CARROTS, CHOPPED
	2 tsp DRIED HIBISCUS		2 YELLOW ONION SKINS
	1/3 c. BLACKBERRIES		1 tbsp. TURMERIC, GROUND

SUPPLIES NEEDED: SAUCEPAN OR SMALL POT, ONE PIECE OF WHITE FABRIC, WHITE VINEGAR, ONE OF THE ABOVE DYES

- PLACE FABRIC INTO A SAUCEPAN WITH EQUAL PARTS WATER AND WHITE VINEGAR. SIMMER FOR ONE HOUR, THEN RINSE UNDER COOL WATER.
- PLACE FABRIC INTO A SAUCEPAN AND POUR WATER OVER IT UNTIL IT IS COMPLETELY SUBMERGED (APPROX. 2 CUPS).
- ADD YOUR DYEING AGENT TO THE SAUCEPAN AND PLACE IT OVER MEDIUM HIGH HEAT. WHEN SMALL BUBBLES START TO FORM AT THE BOTTOM, REDUCE HEAT AND LET SIMMER FOR 45 MINUTES. THE LONGER YOU LET THE FABRIC SIMMER IN THE DYE, THE STRONGER THE COLOUR WILL BE.
- WHEN THE TIME IS UP, REMOVE THE FABRIC AND ADMIRE ITS NEW COLOUR! LET THE FABRIC COOL BEFORE WRINGING IT OUT AND HANGING TO DRY.



**FUN
FACT**

IN 1856, THE FIRST SYNTHETIC DYE, CALLED MAUVEINE, WAS DISCOVERED BY WILLIAM PERKINS. MAUVE, A PALE PURPLE, TOOK THE VICTORIAN FASHION WORLD BY STORM, AND MADE A COLOUR TYPICALLY RESERVED FOR ROYALTY, WIDELY AVAILABLE TO THE PUBLIC.