



## NATURAL PLANT-BASED DYES



### EXPLORING NATURAL DYEING WITH VEGETABLES

Use vegetables – like beets, parsley, spinach, carrot and red cabbage – to create tie-dyed clothing.

#### You Will Need:

Vegetables (We used beets, parsley, spinach, carrots, and red cabbage.)  
Blender  
Water  
Salt  
Glass jar  
Old socks  
Funnel  
Squeeze bottles  
Fabric to dye, like a t-shirt or pair of socks  
Large pot (For simmering on stove or heating element.)  
Rubber bands  
Baking tray  
Newspaper  
Baking rack  
Zipper storage bag  
Stove top or electric heating element  
Microwave

#### Steps

##### 1. Make the dye:

- Chop the vegetables. Place in blender. For every 2 cups of vegetables, add 2 cups of boiling water and 1 tablespoon of salt. Blend the mixture until it becomes very fine.
- While blending, cover a jar with an old sock. When the mixture is prepared, pour it into the sock, and squeeze hard to get all of the liquid out into the jar.
- Then, pour the liquid into squeeze bottles using a small funnel.
- Repeat for each kind of vegetable you are using.

##### 2. Prepare fabric for dyeing:

- Make sure the fabric you are dyeing has been washed and dried.
- Create your tie dye pattern using rubber bands.
- In a pot, bring  $\frac{1}{2}$  cup of salt and 8 cups of water to a boil. Turn down heat to simmer. Place your rubber-banded fabric into the pot and simmer for one hour.
- Run your fabric under cool water when done, and squeeze out the excess water. Be sure to leave the rubber bands on the fabric.

##### 3. Dye time:

- Prepare a dye station with a baking tray, newspaper, and baking rack.
- Squirt the dyes directly onto the fabric between the rubber bands.
- Place your fabric in a zipper storage bag and heat in the microwave for 2 minutes. Remove the fabric and allow to cool completely.

##### 4. Finish up:

- When your fabric is cool, rinse under cold water. Remove rubber bands and hang to air dry.
- When it's time to launder your fabric, hand-wash only, using very mild detergent. Hang to air dry.