



New Year, New Dye-it! Learn all about the process of dyeing with food, plants, and plant extracts with Tara Ritacco. Make sure to stay tuned for an upcoming project, where you can use your newly dyed fabric and a Member Monday where Tara walks us through the process.

Be sure to post a photo of your process and dyed fabric on Facebook and Instagram using the tags [#stircrazyvam](#) and [#vambotanicaldyes](#).

SUGGESTED MATERIALS

- Fabric Suggestions: Cotton Muslin, Silk Haboti, Silk Organza, or other natural fibers
- You can also use ribbon, yarn, trim, clothing, pillowcases, etc...
- For dye: Artichoke, Avocado, Blueberries, Lemon, Red Beets, Red Cabbage, Spinach, Yellow Onion skins
- Water, stove, containers

INSTRUCTIONS

1. Bringing water to a boil, add chopped vegetables or fruit to water.
2. Turn water down to low and simmer for one hour or desire shade.
3. Strain solids and save the liquid in a container.
4. Pre-treat fabric.
5. Leave in container for 24 hours.
6. After 24 hours, gently remove fabric from container and rinse with cold water and gentle soap (not detergent).
7. Line dry or put individual color in the dryer. Do not place multiple colors in dryer at the same time as color can transfer when wet.

FOR FULL INSTRUCTIONS AND MEASUREMENTS

https://docs.google.com/presentation/d/1759Xjv8crQO5_cvJWDYlic4GMsqsyTGvwwijS8fr26s/edit?usp=sharing