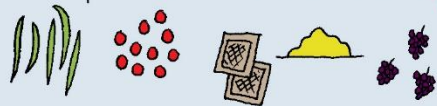


How to make natural dyes

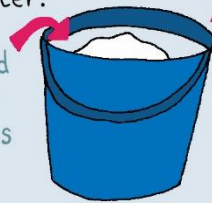
You will need:

- Protective gloves 
- Large bucket 
- Natural fibres or fabric eg. cotton, silk, linen, wool 
- Salt and vinegar 
- 5 litres of water 
- Sieve 
- Old pans 
- Wooden spoons 
- Tongs 
- Selection of colourful leaves, berries, flowers and plant roots. 



- 1 Place the fabric into a bucket of cold water.

For berry-based dyes, add 1 cup of salt to 4 cups of water



For non-berry dyes, add 1 cup of vinegar to 4 cups of water

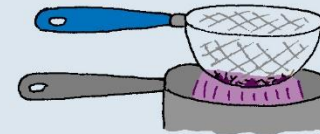
- 2 Leave the fabric to soak for at least 2 hours, then remove and rinse thoroughly with cold water. To create patterns, try tying knots into the fabric.



- 3 Separate the berries, leaves, flowers and roots into different colours. Use one pile at a time. Squash in an old pan and cover with cold water.

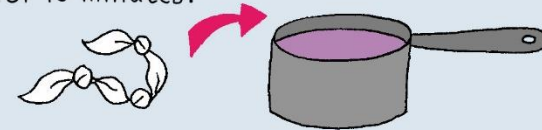


- 4 Simmer for an hour, stirring often. Remove from the heat, and when it's cooled, use tongs and a sieve to strain out bits of sticks and leaves.

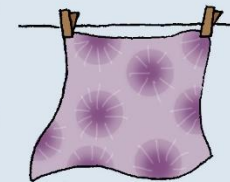


Be careful not to breathe in the fumes

- 5 Wearing gloves, plunge the fabric into your pan of dye, making sure it's submerged. Soak overnight or put it back on to simmer for 10 minutes.



- 6 When you're happy with the new colour of your fabric, remove it from the dye. Rinse well, and leave to dry outside.



Greens and yellows

- red onion skins
- grass
- nettles
- spinach

Reds, pinks and purples

- elderberries
- blackberries
- rose hips
- sloes

Browns and oranges

- onion skins
- turmeric
- old tea bags
- soil