

Discovery Day Week 5: Natural Tie-Dye

This week we are learning how to create natural food dye using fruits and vegetables, just like how they used to back in the day! Below are some instructions from the virtual summer programmers on how to naturally dye and how to tie-dye!

1. Natural Dye

Natural Dye was created and used to dye clothing back in the day. To do this experiment, you will need use a stove to boil the water, fruits and vegetables. **Please use adult assistance when creating these natural dyes.** 😊

Materials:

- Vegetables
- Fruits
- Saucepan (ask for a parents help for this!)
- Knife (ask for a parents help for this this!)
- White product to dye (t-shirt, socks, pillow case, scrunchie, face mask)

Instructions:

- Gather one cup of leftover of fruit or vegetables (ie. Lemons, blueberries, carrots, spinach, beets, etc.)
- Chop the fruit and vegetable bits to allow more colour to saturate the dye
- Add chopped fruit or vegetables to a saucepan and cover with water
 - For one cup of vegetable or fruit scraps, add two cups of water to the saucepan
- Bring the water to a boil
- Reduce the heat once boiling and simmer each different fruit or vegetable in its own saucepan for one hour or until the dye has reached the desired colour
- Turn off the heat and let the water go back to room temperature
- Strain the cooled dye into a container

FOR VEGETABLE DYES:

- Simmer fabric on stove in 1 cup vinegar and 4 cups water for approximately one hour
- After the one hour, rinse the fabric in cold water
- Wring the excess water from the fabric
- Soak the fabric in the natural dye until it reaches its desired colour
- Place the dyed fabric in a container overnight or up to 24 hours



- After 24 hours, rinse the fabric under cool water until the water runs clear
- Hang to dry!

... **Here are some colours!**

- **Beets:** a rich reddish-pink dye!
- **Avocados:** a warm peach to light pink colour!
- **Onions:** Yellow onion skins create a yellow-orange colour, and red onion skins create a pale orange colour!
- **Lemons:** a soft yellow colour!
- **Spinach:** a natural green
- **Blueberries:** light blue or purple
- **Red Cabbage:** deep purple
- **Carrots:** orange

You can also play around and tie-dye with your natural dye!

2. Tie-Dye

Materials:

- White product to dye (tshirt, long sleeve, sweater, socks, pillow case, scrunchie, face mask)
- Natural Dye OR tie-dye kit OR food colouring
- Gloves
- Cover for table if inside
- Water
- Paper towel
- Rubber Bands
- Squirt Bottles



Instructions:

- Decide what you are going to tie-dye!
- Pick a tie-dye design and technique
 - Here is a great resource for different tie-dye designs:

https://www.parents.com/fun/arts-crafts/kid/tie-dye-with-kids/?slide=slide_37f45344-94c8-4e88-9e6f-d6e87544a020#slide_37f45344-94c8-4e88-9e6f-d6e87544a020
- Gather your supplies (Something to tie-dye (shirt, face mask, pillow case), tie-dye kit or natural dyes, Latex gloves, a tub to tie-dye in (bucket, plastic tub), rubber bands, paper towel)
- Pick your tie dye colours and your technique from the resource above and apply it to the item you are going to tie-dye
- Use squirt bottles provided in the kit or buy them if needed for your natural food dye

- Squirt a generous amount of dye onto the project using your creativity for design!
- Place the item in a plastic bag and leave overnight for the dye to soak in
- Remove the tie-dye product from the bag after 24 hours/overnight
- Untie or cut the elastics off of the item
- Rinse the tie-dye product thoroughly either in a bucket or in the washing machine (if using washing machine, DO NOT place with other items or they will be dyed)
- Hang to dry 😊

Have fun with natural dye and tie-dye this week! Be sure to submit a picture of your personal item that you dyed using natural colours or a tie-dye kit for your chance to win a \$5 gift card for a summer treat!

