



## Natural Plant Based Tie Dye

**Tie Dye:** Some of the earliest examples of Tie Dye are in Peru but has also been used at various times and places all over the world.

(image on right: Peruvian Wari Tunic)

**Materials:** Salt, Sauce Pan, Water White Vinegar, Rubber Bands, 1-5 Natural Dyes, Squirt Bottles (optional), Rocks/Marbles (optional)

### Instructions:

1. Prep your fabric/tshirt by pre-soaking it. Bring 4 cups of water and 1 cup of salt to a boil and add the shirt. If the water does not cover the tshirt completely, then add one more cup of water +  $\frac{1}{4}$  salt. Allow your shirt to boil for 10 minutes (this allows your shirt to retain the dye). Remove the shirt from the water and rinse with cold water. Wring out the extra water.
2. Create the dye. **For purple**, add 1 cup of water and  $\frac{1}{2}$  cup blueberries to a saucepan. Add 2 tbsp of white vinegar to help the dye set. **For gold**, mix 6 tbsp of turmeric and  $\frac{1}{2}$  cup of water. **For pink**,  $\frac{1}{2}$  beets + 2 cups of water + 2 tbsp of white vinegar. **For blue**,  $\frac{1}{2}$  cup of red cabbage (cut), 4 cups of water and 2 tbsp of white vinegar.
3. Use a rubber band to tie up your shirt. A simple way to do this is to layout your shirt, grab and rubber band twisting from the middle every few inches until you get to the sleeves.
4. Dye your tshirt/fabric by placing dye carefully into containers and then submerging your fabric into the dye. You can add on multiple colors by using a squirting container or spooning it onto the fabric. Make sure to wear gloves and protect the surface you are working on.
5. When you are done dyeing your shirt, carefully unwrap it out of the rubber bands and rinse in cold water then hang it out in the sun to dry.



**Take it further:** For step by step video instructions: <https://youtu.be/rPYVvKfy7y7E>

Lesson adapted from [playfullearning.net](http://playfullearning.net) and [makes3organics.com](http://makes3organics.com)

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