

INSTRUCTIONS FOR DYING T-SHIRTS

MATERIALS

- Fruits/Vegetables
 - Red - beets
 - Orange - carrots (you can also combine yellow and red dyes)
 - Yellow - turmeric
 - Green - spinach (you can also combine yellow and blue dyes)
 - Blue - you will need baking soda (you mix the dye from the red cabbage with baking soda)
 - Purple - red cabbage
- White t-shirt or other white fabric you want to dye
- Gloves (optional)
- White vinegar
- Pots (stainless steel)
- Water
- Blender (for carrots and spinach)
- Strainer
- Rubber bands

INSTRUCTIONS

Making the dye

1. Plan out what color(s) you want to dye your fabric
2. Take the vegetables you are going to use for your dye and start chopping them into small pieces
3. Place the vegetables in a stainless steel pot (other types of pots may stain)
4. Cover the chopped vegetables with twice as much water (approximately 1 cup of vegetables to 2 cups of water)-- keep in mind that the water left behind will be your dye so make sure you're using enough water so that you will be able to dye your fabrics with it
5. (*for turmeric solution*) add one tablespoon of turmeric, 3 cups of water, and a handful of salt to a pot
6. Bring mixture to a boil
7. Once boiling turn down to a simmer
8. (*for the carrots and spinach*) the carrot and spinach solution should be simmered and then taken off the stove and pureed with a blender-- this will make you dye stronger
9. Once the water reaches your desired dye color turn off the burner and take the pot off of the stove
10. Place a strainer over a stainless steel or glass bowl (again, other kinds of bowls may stain) and pour the mixture through so only the colored water is in the bowl below
11. (*for the carrots and spinach*) once the purees are strained the dyes should be put back on the stove and simmered again so that some of the water boils off and the dye gets stronger

12. (*for creating blue dye*) put some of the dye from the red cabbage (purple dye) into a separate bowl-- add a spoonful of baking soda and mix (start off with a small amount of baking soda and add more until it your desired color)

Preparing the fabric to be dyed

13. Add a cup of white vinegar and 4 cups of water to a pot-- if this doesn't cover the fabric you should add more water
14. Bring the water to a boil
15. Once boiling turn it down to a simmer
16. Add the fabric
17. Simmer the fabric for an hour
18. When the hour is up take the fabric out and rinse it in cold water
19. Wring the fabric out and immediately dye

Dying the fabric

20. You can either dye the fabric a solid color or you can create a tie dye pattern (or you can dye the fabric different colors!)
21. Look [here](#) for possible tie dye patterns
22. Place the fabric in the dye and leave it there for 20 minutes to an hour depending on how strong the dye is and how vibrant you want the fabric to be (you can also take it out of the dye and leave it in a plastic bag overnight if you want the color to soak in more)
23. Once dyed rinse under cold water and let air dry
24. You can set the dye further by putting the fabric in the dryer