

# INSTRUCTIONS FOR MAKING COLORFUL PASTA

## 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
- Pots (stainless steel)
- Water
- Blender (for carrots and spinach)
- Strainer
- Pasta
- Gloves (optional)

## 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 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)

### Coloring the pasta

13. Cook the pasta
14. Remove it from the stove just before it is done
15. Place the dyes into separate bowls
16. Add a handful of pasta to each bowl
17. Let the pasta sit in the dyes for 45 minutes to an hour (so it can absorb the colors from the dyes)
18. Strain the pasta
19. And serve!