

WILD Tie-DYING

Tie-dying fabric is not only a fun activity to do with the family, it is also incredibly satisfying! Here's a quick guide to get you started...

INGREDIENTS

Natural dyes can be made from a variety of plants, berries and roots. Here is a list of a few things you can try to achieve different colours:

- ✦ **ORANGE:** carrots, onion skins
- ✦ **BROWN:** dandelion roots, oak bark, walnut hulls, acorns
- ✦ **PINK:** berries, cherries, red and pink roses, avocado skins
- ✦ **BLUE:** red cabbage, elderberries, red mulberries, dogwood bark
- ✦ **RED-BROWN:** pomegranates, beets, bamboo, hibiscus
- ✦ **GREY-BLACK:** Blackberries, walnut hulls, iris root
- ✦ **RED-PURPLE:** basil leaves, daylilies
- ✦ **GREEN:** artichokes, spinach, peppermint leaves, snapdragons, lilacs, grass, nettles
- ✦ **YELLOW:** bay leaves, marigolds, sunflower petals, dandelion flowers, paprika, turmeric

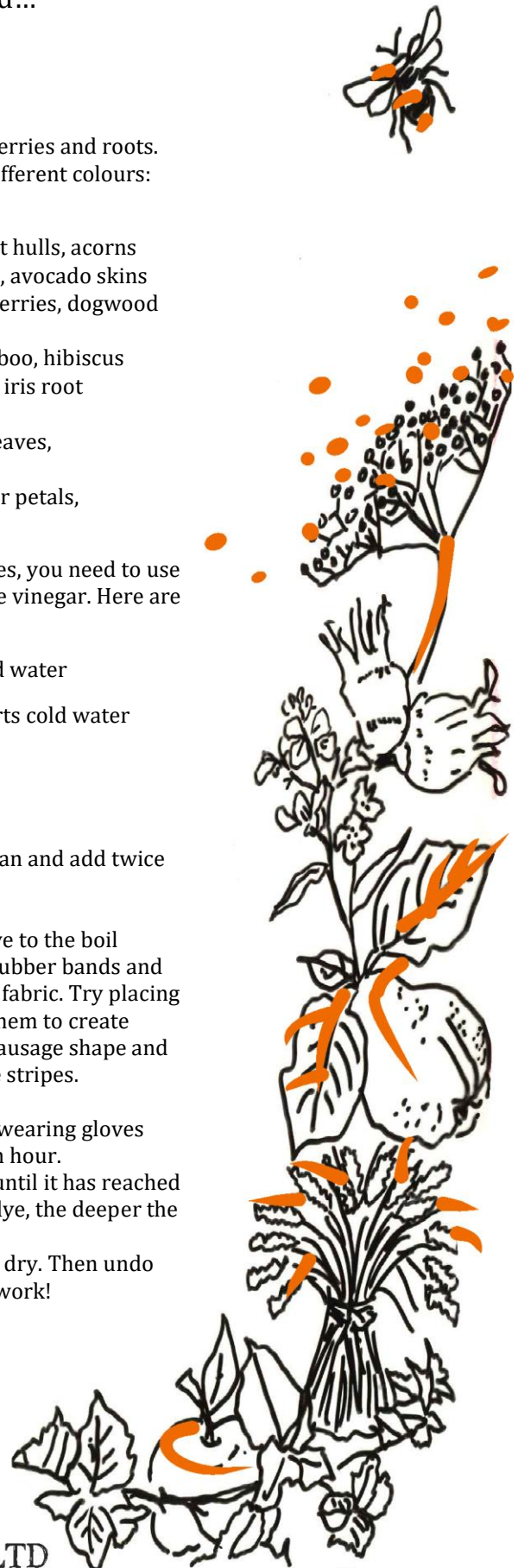
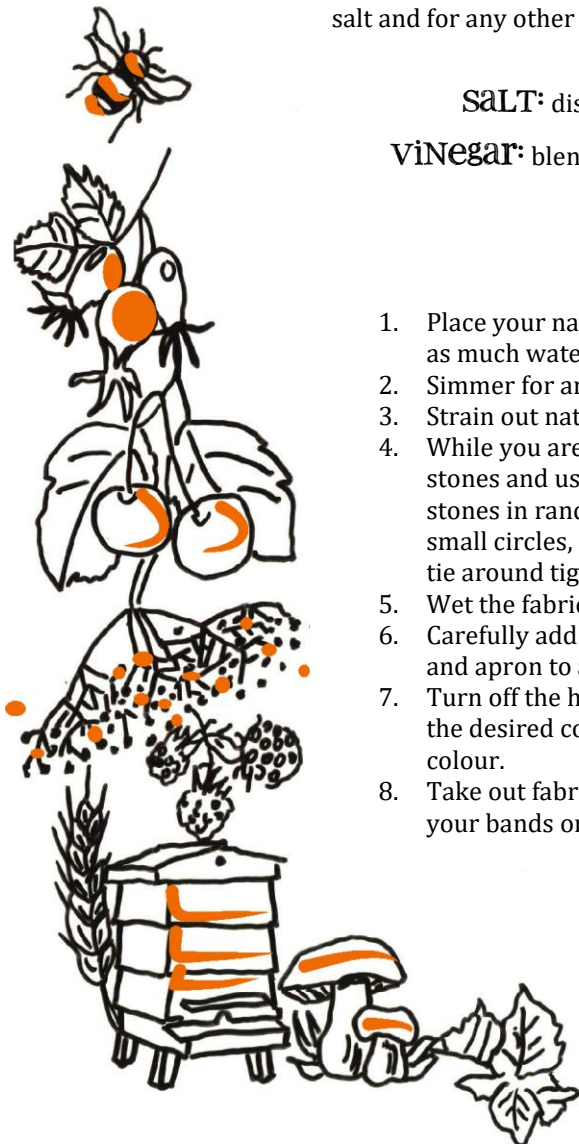
You also need to create a fixative solution. For berries, you need to use salt and for any other plant material, you need to use vinegar. Here are the measurements:

SALT: dissolve ½ cup salt in 8 cups cold water

VINEGAR: blend 1 part white vinegar to 4 parts cold water

METHOD

1. Place your natural ingredients into a steel pan and add twice as much water
2. Simmer for an hour
3. Strain out natural ingredients and return dye to the boil
4. While you are making the dye, take string, rubber bands and stones and use them to tie patterns on your fabric. Try placing stones in random places and tying around them to create small circles, or scrunch your fabric into a sausage shape and tie around tightly at even intervals to create stripes.
5. Wet the fabric and ring it out.
6. Carefully add the fabric to the dye mixture, wearing gloves and apron to avoid stains and simmer for an hour.
7. Turn off the heat and leave the fabric to sit until it has reached the desired colour. The longer it sits in the dye, the deeper the colour.
8. Take out fabric, rinse in cold water, leave to dry. Then undo your bands or string and admire your wild work!



WILD FOR LIFE UK LTD

Wood Farm, Hardmead Road, Newton Blossomville, Bedfordshire. MK43 8AE

(01234) 881871

www.wildforlife.co.uk