



# Dye-It with Food Scraps

Tara Ritacco for Visions Art Museum

Part 1 of 2

Artichoke; Avocado; Beets (Red);  
Blueberries; Spinach; Yellow Onion

# Journal Covers

- Lemon Base; Yellow Onion Accents
- Spinach Base; Lemon and Yellow Onion Accents
- Yellow Onion Base; Blueberry Accents
- Artichoke Base; Red Beet and Blueberry Accents
- Red Beets
- Avocado Base; Red Beets and Red Cabbage Accents
- Red Cabbage Base; Red Cabbage, Artichoke and Blueberry Accents
- Blueberry Base; Red Cabbage , Red Beets and Yellow Onion Accents



# Safety

- We are using salt and vinegar for mordants (allows dye to stay on the fabric). No harmful substances will be used. If other mordants are used, do not use cooking pots and pans.
- Wear gloves and apron
- Have good ventilation
- You can use household pots with the food scraps



# Food Scraps as a Dye

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Reducing waste and using food scraps is a fun way to create new colors for natural fibers (cotton, silk or wool). You can also dye yarn, clothing or pillowcases.

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These can also be used in food products to replace chemical colorants like frosting, icings and batter.

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We will show how to make journals after the fabrics are dyed. Start with white or light colors.

Colors may fade over time.

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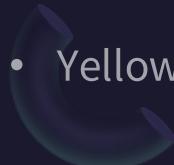
Fabric scraps used: Cotton Mulsin, Silk Habotai, Silk Organza

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Trim: Yarn, Beads, Metal Ornaments, Ribbon, Beaded Trim

# Colors

- Artichoke – Outer leaves. Light celery color
- Avocado – Outer shell and pit – freeze scraps (about 6). Produces a light peach or pink
- Blueberry – Light blue to purple
- Lemon – Chopped lemon peels. Produces light yellow
- Red Beets – Trimmings, Peels and Tops – Reddish Pink
- Red Cabbage – Chopped. Deep purple shades, can fade with UV light.
- Spinach – Chop leaves. Produces light celery color to deep green. May also use herbal grass.
- Yellow Onion Skins – Rich in Tannins, no Pre-treatment of fabric is needed. Yellow to Orange with Pink Undertones.



Left - Cotton  
Right - Silk



# Dye Liquors

- For every 1 Cup of Food Scrap – Need 2 Cups of Water
- Bring water to a boil, add chopped vegetable or fruits to water. Turn water down to low and simmer for one hour or desire shade. Strain solids and save the liquid in a container.
- Pre-treat fabric while making the dye liquor.
- Place pre-treated fabric into the dye



# Pre-treatment Prior to Dyeing

- Natural fibers like cotton, silk and wool (and rayons) can be used. Determine fabric size needed, add extra to allow for fabric shrinkage. If covering a book, open up book and allow enough for inside facing piece.
- For fruit dyes, simmer fabric in  $\frac{1}{4}$  cup salt and 4 cups water for approximately one hour.
- For vegetable dyes, simmer fabric in 1 cup vinegar and 4 cups water for approximately one hour.
- Carefully rinse the fabric in cold water. Gently wring excess water from fabric.
- Immediately soak fabric in the natural dye until it reaches the desired color. Place the dyed fabric in a container overnight or up to 24 hours.
- The next day, rinse the fabric under cool water until the water runs clear. Hang to air dry. You can use the dryer, if you dry each color separately.



# Pre-Treatment





# Yellow Onion Skins

- Fabrics Dyed
- Cotton- Muslin, Cheesecloth
- Silk – Habotai, Organza
- Linen
- Lyocel – (Rayon) Knit T-Shirt Fabric

# Leave in container 24 hours



# Rinse and Dry

- After 24 hours, gently remove fabric from container and rinse with cold water and gentle soap (not detergent).
- Line dry or put individual color in the dryer. Do not place multiple colors in dryer at the same time as color can transfer when wet.
- Iron cloth and start preparation for next steps.
- Journals used cotton muslin for base then layered with cheesecloth, silk habotai and silk organza ripped into 1" strips. Allow enough fabric to cover front of journal plus folded under facing for front and back.
- Embellish with trims and yarn
- Part 2 to follow for journal cover.

