

Tie Dying with Cabbage

Purple cabbage has a lot of color in it, that makes it great for tie dying! Use the directions below to create your own homemade tie dying creation.

Ingredients

1 head of cabbage
Salt
Lemon Juice
Baking Soda

Equipment

Large pot with lid
Large bowl
Spoon for stirring
Knife (with adult supervision!)
3 containers for juice
Colander

Step 1: Cut your cabbage into smaller pieces, and separate the pieces from each other.

Step 2: Place cabbage into your large pot filled with water and salted generously (think $\frac{1}{4}$ cup of salt).

Step 3: Place pot onto the stove and boil your mixture. Boil your mixture for 1-2 hours.

Step 4: Carefully strain mixture using a colander into your large bowl. Careful! The water will be hot. You may compost or dispose of the remaining cabbage pieces, keeping just the cabbage juice.

Step 5: Change the color of your cabbage juice using lemon juice and baking soda. Lemon juice, the acid, will turn the juice pink/red, while the baking soda, a base, will turn the

juice blue. Start with a little bit of lemon juice and baking soda and add more to experiment with colors!

Step 6: Place the fabric you wish to color in the juice. Get creative with your fabric or cloth. You can twist what you are tie dying and use rubber bands to hold it to get different designs.

Step 7: Cover your container with the fabric and cabbage juice with plastic wrap. Set the container aside and let sit for 24 hours.

In 24 hours, or 1 day, check back and see what your fabric looks like! You may carefully rinse your fabric, and then wash in cold water and lay flat to dry.