

# Avocado Dye

Difficulty: ★★☆☆☆ - Somewhat easy; requires adult supervision and assistance.

Time: 1 hour (+ 4-6 hours waiting time)



## Materials

- Avocado peels and pits (fresh, dried or frozen)
- White fabric or yarn<sup>1</sup>
- Stainless steel or enamel pot or saucepan<sup>2</sup>
- Sieve or colander
- Bowl with water and soap (optional)
- Bowl or basket for a dye bath
- Rubber bands (optional, for tie-dye)<sup>3</sup>
- Gloves<sup>4</sup> (optional)

## Tips

You can store avocado peels and pits in the freezer or dry them out until you are ready to make dye.

<sup>1</sup> Materials from natural fibers like cotton, linen, silk and wool will take the dye the best. Synthetic materials will take some dye, but will usually be lighter in color.

<sup>2</sup> Although many natural dyes are completely safe, it's better to use a different pot to the one you would cook food in.

<sup>3</sup> Directions on the tie-dye technique are at the end.

<sup>4</sup> Wear gloves to avoid unwanted stains on your hands.

## Steps

1. Make sure your avocado peels and pits are clean. Remove as much of the green flesh as possible.

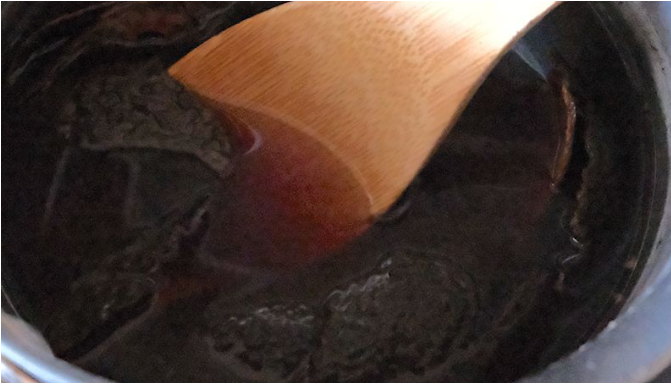


2. Place the pits and peels in a pot or saucepan and cover with water so that they float freely in it. Place over medium heat, and bring to a simmer for about 1 hour. Try not to boil the water as it will muddle the color.



3. Once you have a nice color in your dye pot, turn off the heat and let it cool. Strain the dye into a clean bowl or basket to use as a dye bath.





4. Prepare your fabric or yarn by washing it with soap to remove dirt and oils that could prevent the dye from binding to it. Rinse with cool water and soak your materials in a bowl full of fresh water so that it is thoroughly wet. This allows the dye to adhere more evenly to the fabric or yarn.



5. Gently squeeze out any excess water from the fabric or yarn that has been soaking in water, and place it in the dye bath. Make sure that it is covered with dye completely.



6. Let it sit for 3-4 hours. The longer you leave your fabric or yarn in the dye bath, the deeper the color will be.

7. Remove the fabric or yarn from the dye, rinse it thoroughly in cold water (optionally with soap), and hang it to dry.



It's hard to imagine by looking at avocados that they can produce a beautiful pink dye.

Remember that the final color will vary for different materials. You can see it below with the fabric and yarn.



Add a pattern to your natural dyeing project by using a *tie-dye technique*. Do it before soaking the fabric in the dye. Fold and/or roll



your fabric (dry or wet), then wrap it tightly with rubber bands.

The parts of the fabric covered by the rubber bands will absorb little or no dye.



Add it to the dye bath and make sure it is completely covered. Leave it there as long as other materials or even overnight.



Remove the fabric and squeeze out the excess liquid. Take off the rubber bands, rinse it thoroughly in cold water and let it dry.

