

# Natural Tie-Dye

## Overview

This worksheet we will take you through how to get that o-so popular tie-dye look at home, from using things you will most likely have lying around already.

To make it both easy and sustainable we have given instructions which use natural dyes made from things you will probably have already, over chemical dyes which often come in a lot of wasteful packaging.

Have a fun afternoon at home using these simple instructions to add some tie-dye razzle-dazzle to your white cotton items.

## You Will Need

- White T-shirt (or other white cotton items i.e. pillow slips, other white clothes, socks etc)
- Vegetables/fruits to dye with (we used turmeric and red cabbage but you can also use beetroot, spinach, plums, blueberries or strawberries)
- Chopping board
- Colander
- Large bowl
- Knife
- Water
- Salt
- Vinegar
- Elastic bands/string
- Our template

We'd love to see what you made - do share your creations with us on Instagram

@canarywharfondon

# Method



## 1. Make your dye

The first thing we need to do is prepare the natural dyes. You only need one colour to get started but obviously if you want to do more then do go for it!

To make the dye: chop up raw ingredients into small cubes and put into a saucepan. In the pan you will need to add cold water (2 parts water for every 1 part of raw material).

If you are using a spice, such as turmeric, the proportions will be 1-2 tablespoons of spice to 3-4 cups of water (as they produce a very strong dye!).

Bring the pan to the boil and then simmer for about an hour, with the longer you simmer the raw materials for the stronger the colour of the dye will become. At this point chuck in 1 tablespoon of salt which will help as a fixative for the dye.



## 2. Strain the dye

When you have simmered the raw material for about an hour, use the colander to strain the raw materials from the dye liquid, over a bowl or bucket big enough to dye your item of choice in.

## 3. Create your patterns



Using rubber bands (or just old fashioned string) you can start to create the patterns onto your fabric.

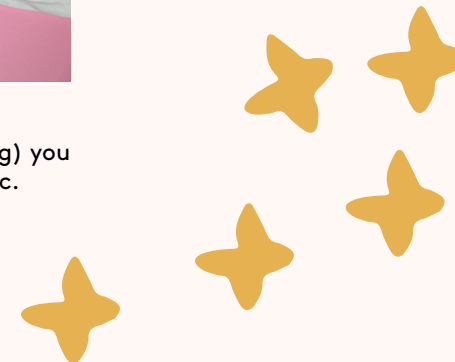


## 4. Prepare your fabric

Once your garment is all tied up and you're happy with the patterns, next you need to treat the plain white item with a fixative to make sure the dye locks in place. If you are making a fruit-based dye, mix 1/2 cup of salt with 8 cups of water and bring to a boil.

Simmer your fabric in this solution for one hour prior to dyeing. If you are making a plant/veggie based dye, mix 1 part vinegar to 4 parts water and follow the same process.

When you have finished simmering, rinse the garment under cool water and wring out the water.





### 5. Dye your fabric

Next up – pop on some rubber gloves as things could get messy!

If you are dying with just one colour simply submerge your garment into the dye containers and allow them to sit for a while.

If you are brave enough to try multiple colour dyes we would suggest putting these into squirty bottles so you have some control of where the dye lands (you can use an old squeezezy ketchup bottle for this!). Simply apply the dye where you want the colour to be!



### 6. Finishing up

When your garment looks like it's reached the right colour, pull it out of the dye and rinse with cold water until the water runs clear. Snip off the elastic bands and hang to dry.



### Hot Tips

- Coloured dyes will blend together on the fabric – if you don't want this to happen make sure when you apply the dye you give ample space for them to blend into the white (rather than each other).
- Remember, natural dyes are weaker than synthetic dyes and colour will lighten a little as your fabric dries.
- Come armed with kitchen roll, and newspaper in case of any accidents or puddles when applying your dyes.
- To further set the dye, run the item through the tumble drier on a high heat for about an hour.

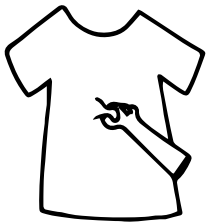


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# Bullseye



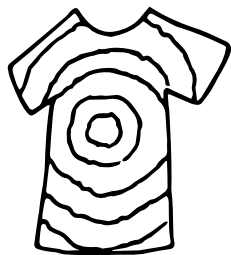
Pick up from middle



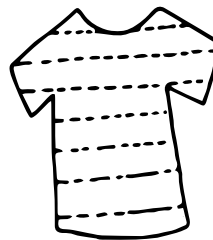
Band



Band & dye



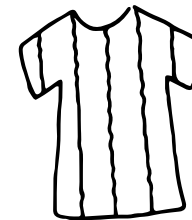
# Horizontal stripes



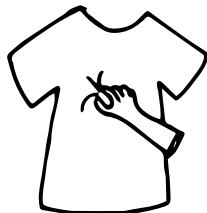
Fold shirt horizontally



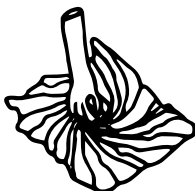
Band & dye



# Spiral



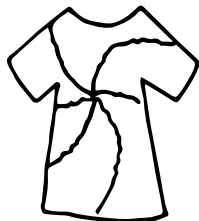
Pinch



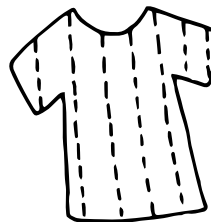
Twist



Band & dye



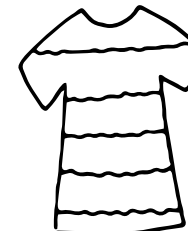
# Vertical stripes



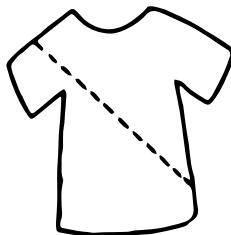
Fold shirt vertically



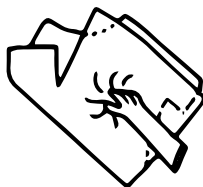
Band & dye



# Double spiral



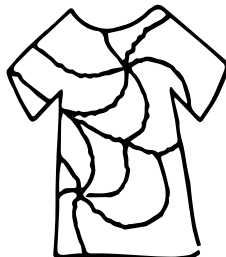
Fold shirt in half diagonally



Pinch centre and twist



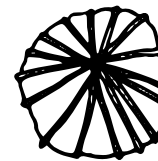
Band & dye



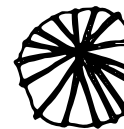
# Crumple / bunching



Bunch shirt into a ball



Band loosely



Dye

