

# NATURAL CLOTHING DYE RECIPE

1 Chop up **1 cup** of fruits or vegetables of your favorite color.

## YELLOW



- Celery Leaves
- Lemon Peels
- Yellow Onion Skins

## ORANGE



- Carrots
- Orange Peels
- Yellow Onion Skins

## RED



- Avocado Skins
- Beets
- Cherries
- Raspberries

## PURPLE



- Red Cabbage Leaves
- Purple Carrots
- Purple Sweet Potatoes

## BLUE



- Blackberries
- Blueberries
- Grapes

## GREEN



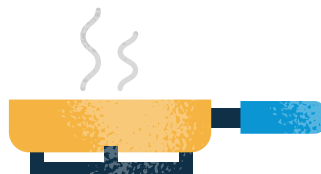
- Parsley
- Spinach
- Artichokes
- Peppermint leaves

2



Combine with  
**2 cups** of water and  
**2–3 tablespoons**  
of vinegar or salt.

3



Simmer over  
medium heat  
for **1 hour**.

4



Let the mixture  
cool and **strain**  
**out the solids**.