



You can also use the red cabbage pigment liquid from our [Cabbage Inks Activity Guide](#) as an eco-friendly fabric dye.

1 Prepare your fabric

Create cool designs by folding and securing your fabric with rubber bands. Unlike with other tie dye projects, please do not pre-treat your fabric.



2 Dye your fabric

Pour your pigment into a large bowl or container and let your fabric soak for 10-15 minutes.



3 Change the colors

While your fabric soaks, collect some acids and bases. Dissolve any that aren't already liquid (like baking soda) in some water.



Remove your fabric from the pigment liquid and create fun color patterns with your acids and bases. Just pour or dip them onto different parts of your dyed fabric.



4 Reveal your creations!

When you're happy with your colors, place your fabric in a container and let it sit for a few hours (even overnight!) to help the colors set.



Then, remove the rubber bands and hang it up to dry!



Techniques to Dye For

Use lemons and limes as stamps to create colorful patterns on your dyed fabric!



Freeze cabbage pigment cubes for ice dyeing. Watch a fun pattern emerge as the ice cubes melt!



Try drawing a pattern with your acids and bases or give your fabric a dip-dye. The possibilities are endless!



Taking care of your tie dye

Your cabbage dye is water-soluble. It will fade or change color when you wash your fabric.



Scale it up

If you are doing a large project, consider boiling more cabbage.



**The Tech
Interactive
at Home**

thetech.org/athome



SEPA SCIENCE EDUCATION
PARTNERSHIP AWARD
SUPPORTED BY THE NATIONAL INSTITUTES OF HEALTH

Check out
Cabbage Inks
on The Tech
Interactive at Home