

Eco-printing

For this project you will need:

- Your notebook
- Flowers, leaves, kitchen scraps
- Pennies
- Stick
- String
- Scissors
- Cotton
- Big pot
- Vinegar
- Watercolours
- Brush
- Parchment paper (optional)

1. Go to your kitchen, garden and local park to collect some flowers, leaves and greens that inspire you. Remember to wear gloves and be careful with the plants you choose. Here is some ideas with high pigment plants but don't be afraid to experiment with others:

- Rosemary
- Avocado skins
- Onion skins
- Red cabbage
- Tea
- Blue berries
- Beetroot
- Carrots
- Turmeric
- Honeysuckle
- Eucalyptus
- Sunflowers
- Rose
- Lots of trees but Walnut, Maple, Sumac especially

2. Cut your cotton to size, wet it and lay it flat on your table. Arrange your leaves and pennies on one half of the cotton and fold.



3. Grab your stick and roll up your print around it as tightly as you can. Tie with string all around



4. Boil water and put in a dash of vinegar, your cotton and some extra pennies if you want. Turn the heat to simmer for 1 hour. Then leave it to cool down inside the pot as long as your curiosity will let you (up to 4hrs if you can).



5. Open it up, lift the leaves and rinse your cotton. Admire the print you and nature made together!



You can use the brush to help you apply the watercolour onto your leaf or dip it lightly and press onto your paper. Let them dry before you lift the leaves again.



6. Extra! While you wait for your fabric to boil... Take some of the leaves you didn't use in your cotton and use them as stamps on your notebook with watercolours.