

NATURAL COLOURS TO USE FOR DYEING FOOD AND CLOTHES IN AN EVERLASTING CYCLE



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- Dyeing with things from your own kitchen
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Naturlig färgning

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*What if everybody dyed their own clothes with their own compost?
What if our clothes were what we ate? Everybody in their
own unique colour, directly linked to what we have filled our
stomachs with.*

Most of our textiles today have far too high a content of dangerous chemicals that affect people and nature negatively. In this practical and inspirational book, traditional dyeing using plants acquires new forms. You get to learn how to die cloth, yarn or perhaps an old item of clothing made of natural fibres, in a simple and non-poisonous way using pigment from your own immediate environment. Colour pigment is above all found in food and in what we otherwise usually throw away – the peel and pips from fruits such as avocado and pomegranate and vegetables like onions and carrots, the sump from your morning coffee or perhaps the liquid left after cooking the rice for dinner.

This book contains the basic information you need to easily start your own dyeing at home. Here are sample works to inspire you, simple recipes for dye baths and more advanced little extra info on dyes from plants if you want a greater challenge.

About the author:



Lina Sofia Sundin is an artist and pedagogue. Her work with natural dyes has taken her on journeys in both Europe and Asia. In 2013 she did her special exam project on natural dyes at Gothenburg University School of Design and Crafts where she wrote *The Dyeing Manifesto – The expanded field of composting*, which gained her an award in the Svanen Nordic Art Insight competition on the theme of sustainable consumption.



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