

# Natural Easter Egg Dyes

Make coloring your Easter eggs even more fun with ingredients from the garden. It's a great way for kids to connect with the environment and I find that the colors are softer and more pleasing than commercial egg dyes.

## Materials:

glass, ceramic or stainless steel pans (iron or tin will alter the color)  
6 white eggs  
4 cups vegetables OR 2 tablespoons of spices (see color list below)  
1 quart water  
2 tablespoons vinegar  
empty paper-type egg carton for holding dyed eggs as they dry

## Colors:

Orange – 2 tablespoons paprika  
Blue: 4 cups chopped red cabbage  
Red: 4 cups red onion skins  
Pink: 4 cups chopped beets  
Green: 4 cups spinach  
Yellow: 4 cups orange or lemon peels OR 2 tablespoons cumin  
Light Brown: 1 quart of strongly brewed coffee in place of water

## Steps:

Boil eggs for approximately 10 minutes and set aside to cool.

Boil 1 quart of water in a glass, ceramic or stainless steel saucepan. You will need a separate pan of water for each dye color.

Add the dye ingredients of your choice to the pan of boiling water.

Reduce the heat and simmer until water changes color. This will take about 15 to 30 minutes.

Strain the colored water into a bowl.

Vinegar helps the eggs absorb the color, so add 2 tablespoons of vinegar to the colored water.

Place the boiled eggs in the colored water. Leave them to soak until the shells become the desired color. Remember to turn them occasionally for even coating.

Remove the eggs from the dye and place in an egg carton to air dry.

If you would like to eat the eggs, be sure and store them in the refrigerator.