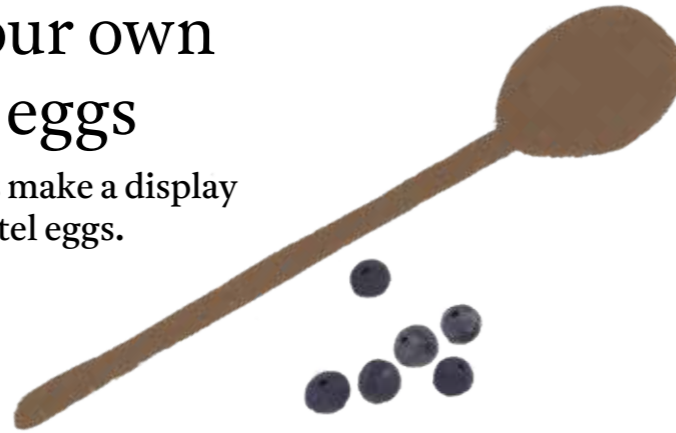


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Overnight
All seasons
Indoors
Adult assistance required ••

Dye your own Easter eggs

Natural dyes make a display
of pretty pastel eggs.



GATHER TOGETHER

- . As many eggs as you'd like to dye
- . Several tubs or bowls (one for each dye)
- . The ingredients for your colours of choice (see below)



LET'S GO!

Step 1. Choose your colours.

Please note: many of these recipes need boiling water or use of a stove – please ask an adult for help if you aren't usually allowed to do this yourself.

Blue. Put 1/4 red cabbage cut into chunks into a pan filled with four cups of boiling water. Add two tablespoons of white vinegar and turn off the heat. Cool to room temperature and remove the cabbage from the pan. Soak the eggs in the water overnight.

Grey-blue. Add a cup of frozen blueberries to a cup of warm water. When the mixture comes to room temperature, remove the blueberries (when they're drained, they're perfect for pancakes or snacks!) and soak your

eggs in the coloured water overnight.

Lavender. Mix a cup of grape juice with a tablespoon of white vinegar and soak your eggs overnight.

Pale pink. Take one cup of juice from canned beetroot and add one tablespoon of white vinegar. Soak eggs overnight (or less time for a gentler hue).

Golden brown. Simmer two tablespoons of dill seeds in a cup of water for 15 minutes. Strain the liquid through a sieve into a small bowl, and add two teaspoons of white vinegar. Add your eggs to the liquid and leave overnight.

Mustard yellow. Add two tablespoons of turmeric powder and two teaspoons of white vinegar to a cup of boiling water and stir. Add your eggs.

Green. Put the skins of six red onions into a pan with two cups of water and simmer on the stove for 15 minutes. Remove the skins and add three teaspoons of white vinegar to the pan. Soak your eggs overnight in the liquid. **Step 2.** Store your eggs. Once they've reached your desired colour (leaving them for longer will result in a deeper dye, while less time will mean they're paler), take them out of the dye, pat them dry gently with a paper towel, and store in the fridge until you want to put them on display.

Step 3. Eat them! Don't forget to use your eggs after you've displayed them – unless they're cracked, they shouldn't have absorbed any of the flavours of the

dyes, so you can still use the raw eggs in any recipe you like – scrambled or poached, custard or cake, the options are almost endless!



EGG-DYEING HAS BEEN AROUND FOR CENTURIES. IT'S STILL A GENTLE, MAGIC TRICK TO SEE THEM TRANSFORMED.

FROM THE ARCHIVES

Eggs don't give much away, so if you want to know if yours are fresh, just pop them in a bowl of room temperature water. If it lies on its side at the bottom of the bowl, it's fresh. If it stands on one end at the bottom, it's okay to eat, but do it quickly (or hard-boil it). If it floats to the top, it's old and shouldn't be eaten. That's because eggshells are porous (full of lots of minuscule holes) so the older they get, the more air enters the shell, which makes them float. If only it was as easy to solve the age-old question: which came first, the chicken or the egg?

DEAR GROWN-UPS

Egg-dyeing has been around for centuries – it's still a gentle, magic trick to see them transformed using only scraps of vegetables, water and time. You probably have most of the materials on hand, so you can try it out on any rainy day, though it's especially sweet at Easter. Try your own experiments, too – use wax crayons to create pictures on your egg's surface or whatever spices you have in your cup-board. The end product may be pretty, but it's the playing that's the point.