

# FABRIC DYE RECIPE

## Ingredients:

- Alum
- Baking soda
- cotton fabric
- pieces of rust
- Left over veggies like onion skin, beerroot and tea

1. for a thick fabric: Boil it in water with the alum and baking soda.  
for a thin fabric you can boil it just with the alum or soak it in vinegar overnight.

2. Lay the fabric out on a flat surface and sprinkle the left over veggies and rust pieces

3. Roll it up

4. Put water to boil add the rolled fabric in the steamer with a lid, steam for 30 - 60min

5. Unroll and rinse the fabric

6. Let it dry

SPRINKLE  
YOUR  
INGREDIENTS

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FABRIC

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FABRIC

ROLL THE  
FABRIC  
INTO A  
SPIRAL

# cabbage carrot salad

for the salad

1 Large Purple cabbage thinly sliced — this will yield approximately 4 cups

2 cups shredded carrots

for the Dressing

1/3 cup Peanut Butter

1/4 cup water

1/4 cup Coconut Aminos OR Low Sodium Soy

sauce

2 tablespoons Sesame oil

2 tablespoons Honey

1 Lime juiced

2 cloves Garlic

1. start by shredding your cabbage and carrots, or add your pre-shredded veggies to a bowl.

2. Next, add all of the dressing ingredients to a separate bowl and whisk to fully combine.

3. Toss the veggies into the dressing until they're fully coated.

4. Add any toppings, like sliced scallion, sesame seeds

1. warm the milk until it reaches 39-41°C

2. once it is warm enough mix a bit of the warm milk with the yogurt in a bowl, then add to the whole pot and mix together

3. let the mixture rest in a glass container with a cloth over it for it can breathe for 4-5 hours, make sure to keep it in a warm place. then put it in the fridge overnight.

YOGURT

RECIPE

HOMEMADE

## Ingredients:

- 1,5L milk
- 1,5tsp yogurt
- 1 glass container
- A thermometer

yogurt

1 tsp per  
liter of milk

use a  
wooden  
spoon

MILK