

Berkeley Forest School

Have you ever made blackberry lemonade *tie dye*?
We have! And here's how you can do it, too!



This is a great way to explore the multiple properties of plants, have some hands-on sensory fun, and work on hand-strength, fine motor skills, increase the stability in thumbs and fingers, practice hand-eye coordination, and support building the endurance in hand-strength. These are all developmental skills that children practice at forest school in many ways, which supports their growth and confidence in dressing themselves (clothing fasteners), using scissors, and with their writing!



Tools we used:

Something to mash with
Something to squeeze with
Something to stir with
Bowls & Hands

Ingredients we used:

Water
Blackberries*
Lemon juice
Creativity

Other materials:

Rubber Bands & Fabric
(silk is easiest, cotton works
but takes more berries to
achieve vibrant color)

You can get creative with your recipe and methods, too.

We'd love to see it! Email us or tag us on social media to show us!

*If you are able to find blackberries growing in your neighborhood, they're best picked mid-July through August. When buying berries, we avoid Driscoll's berries because of their unfair labor practices and treatment of beloved farmworkers, who are paid only \$6 per day of 12-15 hours of work. We are so grateful for all our fresh California produce, and the farmworkers that help get it to us should not be exploited.



How we did it:

Step 1: Find an area that you can get a bit messy.

Step 2: Bring all the things you need. Including your fabric. You can use rubber bands to hold your twisted fabric in bundles, or you can just bunch up your fabric. You choose!

Step 3: Let the mashing begin! Mash all the juice out of the berries using your hands, the back of a spoon, a lemon squeezer, another small bowl, or whichever mashing tools you have available.

Step 4: Add some water to your berry pulp, little by little. (Add enough to submerge your fabric and swish it around a bit.) Some people like to strain their berry pulp out of the mixture first. Berry bits will give a different color than just the dye itself. My friend on the left here loves the constellation-like spots that the seeds leave! You can find what you like! Experiment! More berries = richer color. More water = lighter color.

Step 6: At this point you should have a container with some beautiful berry dye. Now add your fabric to the dye bath. Swish it around. Let it soak up all that berry goodness!

Step 7: Once your fabric has absorbed the berry color, squeeze all the liquid out until you have a wet ball of fabric. This is where you squeeze a bit of lemon juice over it and *see what happens!*

Watch closely! Are you not seeing anything? If not, add some more lemon juice. Do you see it now? What do you notice? What do you think of this? Let us know!



This recipe was brought to you by the self-named “Boogie Crabs” Class of 2020-2021.

Thanks, Boogie Crabs!