



Making Lake Pigments

Materials

plant matter
distilled water
large pot
sieve
wooden spoon
jars
coffee filters
measuring cups
measuring spoons

alum
sodium carbonate
palette knife
old towel
old sock
mortar & pestle
glass muller
glass slab
gum arabic

Directions

Make the Dye

1. Gather plant matter
2. Prepare plants:
 - a. For flowers: pull off petals, discard greens
 - b. For vegetables: chop, discard stalks and leaves
3. Boil distilled water:
 - a. For vegetables, toss in and let simmer, covered for an hour
 - b. For flowers, remove water from burner for 5 min before adding petals. Stir in and leave sit covered with a tea towel for 24 hours
4. Strain out plant materials with a sieve

Make the Pigment

1. Measure out 200ml of dye solution and heat up if cooled. Place hot dye in a large jar.
2. Prepare solutions:
 - a. dissolve $3/4$ tsp alum in a bit of hot distilled water
 - b. dissolve $3/8$ tsp sodium carbonate in hot distilled water
3. Prepare mixing station: the solution may overflow, so have a pan or tray under the jar to catch spills.
4. Add in alum, stir

Safety Note: Make sure you're working in a well-ventilated area or with a mask to protect your lungs from fumes and fine powders. While the materials used are nontoxic they can still irritate so gloves and protective eyewear are recommended.



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Directions

Make the Pigment, cont.

5. Add in sodium carbonate a little at a time, stirring gently. An effervescent foam will appear, signaling a successful reaction.
6. Allow foam to dissolve down
7. Lid the jars and allow to sit overnight. The pigment sediment should settle to the bottom

Process the Pigment

1. Prepare jars fitted with coffee filters.
2. Pour off & discard separated water
3. Pour remaining liquid/sediment into coffee filters
4. Once a little more liquid has strained out, pour in a little distilled water over the pigment to rinse any unbonded particles.
5. Let drip overnight
6. Spread out an old towel on a surface well away from pets and little ones
7. Spread out filters on the towel, use a palette knife to spread pigment out on the filters
8. Let dry for several days. The pigment will crack and darken.
9. Scrape pigment off filters and into a mortar. Place pestle in the mortar and cover both with a sock. This will keep down dust as you grind.
10. Grind, grind and grind some more, until you have a fine powder.

Make the Paint

1. Place a small amount of pigment powder onto a glass slab
2. Create a divot in the pigment, and slowly add gum arabic. You're aiming for about a 1:1 ratio of pigment to gum arabic, but it's best to start slow.
3. Carefully place the muller and grind until well mixed.
4. Scrape into pan, grab a brush and enjoy!