

How To Naturally Dye Eggs

The following chart, from the Minnesota Egg Council, shows a list of materials and suggested amounts for dyeing eggs using fruits, vegetables, spices and flowers.



Color	Materials	Amounts
Pink	Beets*	1 bunch, washed and sliced
Bright Pink	Beet Juice	From bottled juice, enough to cover eggs in pan
Lavender	Blackberries or Cranberries	From bottled juice, enough to cover eggs in pan or 1 frozen container
Deep Purple	Grape Juice	1-2 frozen container(s)
Lavender/Rust	Yellow Apples	4 apples, peels only
Rust	Onion Skins	6 red or yellow onions, peel skins
Pale Green	Spinach or Carrot Tops*	1 fresh bunch, chopped
Olive Green	Marigolds	Petals from 6 gold flowers
Blue-Gray	Blueberries	2 frozen containers or bags
Light Blue	Petunias*	Petals from 6 purple flowers
Turquoise	Red Cabbage*	One large cabbage, grated and sliced
Bright Yellow	Turmeric	2-3 TBL powdered spice

**After dyeing with these materials, refrigerate eggs overnight to deepen color.*

Items Needed:

White eggs, egg carton, stock pan(s), water, vinegar, slotted spoon and natural materials for dyeing.

Directions:

Place uncooked eggs in a stainless steel stock pan. Add water 2-3 inches above eggs. (When using bottled juice, fill 2-3 inches above eggs. Do not add water.) Add 1 TBL of vinegar and natural dye ingredients. Cover and bring to boil. Reduce to simmer for 15-20 minutes. Carefully remove with slotted spoon and air dry.

Colors may vary depending on steeping time and foods used to dye eggs. The flavor of the egg can change based on the dye.

Tips:

Make a drying rack for eggs by cutting the bottom off an egg carton and turning it upside down. Carefully wrap rubber bands around a white egg to create stripes. Once dry, polish eggs with vegetable oil for an added sheen.

