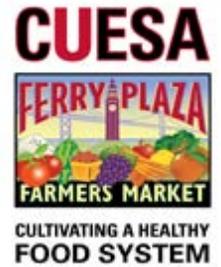


FERRY PLAZA FARMERS MARKET

GUIDE to NATURAL



EGG DYES



You don't need artificial chemicals to dye eggs at home. All the ingredients you need to make safe, all-natural dyes can be found at the farmers market! Here are instructions and a shopping list to get you started.

Traditionally, eggs are hard-boiled before dyeing. Place the eggs in a single layer in a pan with enough cold water to cover by 1 inch. Bring the water to a boil, then remove from the heat, cover, and let stand for 12 minutes. Run the eggs under cold tap water or place in an ice water bath until cooled to room temperature.

Once the dye is made (see opposite side for instructions) and the eggs are cooked, submerge an egg in the dye for 10 to 15 minutes, or longer if more intense color is desired. Remove from the dye, handling as little as possible, and let dry completely. Naturally colored eggs will not be glossy, but if you want a shiny appearance, you can rub a bit of cooking oil onto the eggs once they are dry.

SHOPPING LIST

- Eggs:** Eatwell Farm, Happy Quail Farms (limited supply), Marin Sun Farms, Orangetown Farm, Rolling Oaks Ranch
- Red cabbage:** Capay Organic, Catalán Family Farm, Chue's Farm, Dirty Girl Produce, Eatwell Farm, Everything Under the Sun, Heirloom Organic Gardens, Iacopi Farm, Star Route Farms, Tierra Vegetables
- Yellow onions:** Capay Organic, Chue's Farm, Heirloom Organic Gardens
- Red onions:** Chue's Farm, Catalán Family Farm
- Red beets:** Dirty Girl Produce, Everything Under the Sun, Heirloom Organic Gardens, Marin Roots Farm
- Golden beets:** Heirloom Organic Gardens
- Red chard:** Capay Organic, Chue's Farm, County Line Harvest, Dirty Girl Produce, Eatwell Farm, Everything Under the Sun, Four Sisters Farm, Heirloom Organic Gardens, Iacopi Farm, Marin Roots Farm
- Dried chiles:** Everything Under the Sun, Happy Quail Farms
- 1 (16-ounce bottle) distilled white vinegar** (for approximately 4 dozen eggs)

NATURAL EGG DYES COLOR GUIDE



BLUE

Cut ¼ head of red cabbage into large dice and add to 4 cups boiling water. Stir in 2 tablespoons vinegar. Let cool to room temperature and strain.



LIGHT YELLOW

Cut 1 medium golden beet and ¼ head of red cabbage into large dice and add to 4 cups boiling water. Stir in 2 tablespoons vinegar and let cool to room temperature and strain.



ORANGE

Add the skin of 6 yellow onions to 2 cups simmering water and simmer for 15 minutes. Add 1 tablespoon white vinegar. Let cool to room temperature and strain.



PASTEL PINK

Chop the stems off of 3 bunches of red chard and add to 4 cups boiling water. Stir in 2 tablespoons vinegar. Let cool to room temperature and strain.



BROWN

Add the skin of 6 red onions to 2 cups simmering water and simmer for 15 minutes. Add 1 tablespoon white vinegar. Let cool to room temperature and strain.



PASTEL YELLOW

Simmer the tops of 2 bunches of carrots in 2 cups of water for 15 minutes. Stir in 2 tablespoons vinegar. Let cool to room temperature and strain.



DARK PINK

Cut 1 medium beet into large dice and add to 4 cups boiling water. Stir in 2 tablespoons vinegar and let cool to room temperature and strain.



TAN

Simmer a handful of dried chile peppers in 2 cups of water for 15 minutes. Stir in 2 tablespoons vinegar. Let cool to room temperature and strain. *Note: Wash hands after handling chiles and dye.*

Learn more about eggs and discover seasonal recipes at www.cuesa.org

SUPPORT LOCAL FARMS at the **FERRY PLAZA FARMERS MARKET**
Year-Round, Rain or Shine | Saturday 8 am–2 pm | Tuesday & Thursday 10 am–2 pm