



DID YOU KNOW?
Shibori is a Japanese tie-dyeing technique that uses indigo dye.



Make a traditional Japanese shibori bag

What you need

- Small 100% cotton white bag, washed and dried
- Craft sticks
- Rubber bands
- Drop cloth (optional)
- Rubber gloves
- Navy blue fabric dye, mixed with water according to the package directions

Instructions

1. Starting at the bottom of the cotton bag, fold about an inch of the bag up toward the top. Place a craft stick in the fold you just made, then flip the bag over and make the same 1-inch fold and add another craft stick. (This is called an accordion fold.) Continue folding and placing craft sticks on each side until the entire bag is folded up. When you reach the top of the bag, secure the folds and sticks by tightly wrapping a few rubber bands around the bag.
2. Take the bag and the dye outside to a grassy area, or spread out a drop cloth inside to work on so you don't stain any surfaces. Wearing rubber gloves, begin to apply dye to both sides of the bag. Apply just enough dye so you do not see any white left on the bag. Let the dye dry overnight.
3. When the dye has dried, remove the rubber bands and craft sticks.
4. The bag should look striped at this point. To get a checkered pattern, repeat the accordion fold technique, this time going from left to right, instead of bottom to top as you did before. Secure the folds with rubber bands.
5. Again, apply the dye to the edges of the bag that are showing, but do not apply too much.
6. Allow the dye to dry overnight.
7. When the dye has dried, wash the bag on its own in a washing machine. Allow it to air-dry.

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ECO TIP OF THE WEEK PICKLE LEFTOVER VEGETABLES

If you have vegetables in your fridge and you're not sure you will eat them before they spoil, consider pickling them. Pickling vegetables, such as carrots, cucumbers, and green onions, makes them taste delicious and preserves them so you have more time to eat them. This keeps spoiled vegetables from ending up in landfills. Ask an adult to help you get started by boiling a half cup of white vinegar, a half cup of water, and a teaspoon of salt in a medium saucepan. Slice a vegetable into small pieces and fill a jar halfway with them. Pour the vinegar mixture into the jar, seal with a lid, and refrigerate. For the best flavor, wait 48 hours before serving.



Pickled vegetables are a crunchy snack.

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