Kale Food Dye Paint Activity

Overview:
Students will use kale leaves and turn them into a usable food dye paint for art and other creative purposes!

What you’ll need:
- 4 cups of chopped kale
- 1 quart water
- 1 pot to boil water in
- A tool to strain the leaves from the liquid (cheesecloth etc.)
- Small bowls to hold kale “paint”
- Paint brushes
- Paper
- Blender

How to do it:
Combine kale and water in pot and simmer for 15 minutes. Blend the kale, and simmer back in water for another 15 minutes. Strain the mixture and use the green liquid as paint! The leftover kale strained out from the liquid can be saved to use in a recipe, such as soup.

Activity adapted from
http://www.4mylearn.org/Recipes/Supplies/kalefoodcoloringorfabricdye.html

For more information, visit www.georgiaorganics.org/for-schools/octoberfarmtoschoolmonth