Foods that work well include:

- Blueberries (Pale Blue)
- Beets (Pink)
- Turmeric (Yellow)
- Mixed Frozen Berries (Lilac)
- Coffee Grounds (Brown)
- Spinach (Light Green)
- Red Onions (Pink)
- Red Cabbage (Light Purple)

Regardless of the plants you use, you can follow the same basic steps and ratios provided below for preparing them. While fresh foods often produce the brightest colors, you can try dried, canned and frozen foods instead.

**Hard-boil Eggs Using the 5:5:5 Method**

1. Place a layer of fresh white eggs in the bottom of a large saucepan with room around them.
2. Cover with about 1 inch of water.
3. Bring water to a gentle boil and then boil the eggs for 5 minutes.
4. Turn off the heat and let the eggs sit in the hot water for another 5 minutes.
5. Gently scoop the eggs out of the hot water and place them in an ice bath for 5 minutes.
6. Fully cool them in the refrigerator before decorating.

**Dyes from Plants**

In our Natural Egg Dyeing program, we use plants to create dyes that are easy to make at home. These work like commercial egg dyeing kits, except they rely on natural plant pigments for generating color instead of using manufactured dyes.

**Selecting Plants to Use**

Our favorite plants to use are fresh beets, frozen blueberries, and dried turmeric because they produce some of the most vibrant dyes. We have experimented with other plants to achieve a variety of colors, so try different combinations to make a rainbow of color!

**Preparing your Kitchen**

These dyes can be very powerful, so take a moment to protect your clothing, surfaces and equipment. Avoid using lightly colored silicone or wooden spatulas, or pans that could get stained. Ventilate your cooking area, as the scent of cooking eggs and vinegar can be powerful.

**Before Coloring**

If you have crayons, try coloring patterns onto the eggs before dyeing. The wax resists dye and creates neat patterns. You could also try flat rubber bands, stickers or tape. Fix them before coloring and remove them once the eggs have dried.

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**Beets (Pink)**

1. Chop 2 cups fresh red beet root into small cubes.
2. Bring beets to a gentle boil in 4 cups of water and ¼ cup of white vinegar.
3. Reduce heat and gently simmer for 30 minutes with lid on.
4. Remove from heat and pour contents into a glass pitcher with a spout.
5. Carefully strain liquid into a mason jar.
6. Gently drop a hard-boiled egg into the warm dye.
7. Soak eggs for 5 minutes (or more for stronger color).
8. Remove the eggs and let them dry.
   A cookie cooling rack works well.

**Storage:** Your dyes can be safely stored for up to a week if you want to make them ahead of time. Simply reheat them before use for the most vibrant colors.

**Blueberries (Pale Blue to Purple)**

1. Measure 2 cups of frozen blueberries into a medium saucepan.
2. Bring blueberries to a gentle boil in 4 cups of water and ¼ cup of white vinegar.
3. Follow steps 3-8 above.
   Tip: It's fun to roll your eggs around in a small bowl of squished blueberries for mottled coloring.

**Turmeric (Yellow)**

1. Measure 2 Tablespoons of dried turmeric powder into a medium saucepan.
2. Bring turmeric to a gentle boil in 4 cups of water and ¼ cup of white vinegar.
3. Follow steps 3-8 above.

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**ENJOY!** After coloring your eggs, you can enjoy eating them knowing that they are all-natural, and you can even use some of the leftover plant parts. Hard boiled eggs are tasty with a little salt and pepper or on sandwiches or salads. Consider ways to eat the leftover plant parts. Sauté the beet greens with a little olive oil and salt, or use the beet root and eggs on a salad.