

# Botanical Printing & Boro Stitching

5-Day Workshop with Lisa Binkley

[lsbinkley@gmail.com](mailto:lsbinkley@gmail.com) • [www.lisabinkley.com](http://www.lisabinkley.com)

\$20 per student material fee

## Supply List:

- BASE FABRICS: 3-4 yards of undyed fabric pieces to be printed (pieces can be as small as about 8" x 8" or as large as about 18" x 60" and they can be a variety of weights. The fabrics can be cotton, linen, rayon, silk, and/or a blend of natural fibers (no synthetics), or some of each. We will not be using wool in this workshop. Fabrics will NEED to be scoured ahead of the workshop. Instructions for doing this will be on the last page of this document.
- BLANKET FABRICS: 1-2x the number of yards of base fabric will be needed for "blankets"—I highly recommend cotton flannel and/or French terry cloth for "blanket" fabrics. But you can bring a piece of loose-weave fabric like cheesecloth to use as a blanket for at least one print.
- OPTIONAL undyed hand-stitching threads such as #8 and #12 pearl cotton, embroidery floss, sashiko thread, sturdy silk thread, crochet cotton etc. This should be scoured prior to the workshop as well.
- Fabric scissors
- Scissors that can be used on plastic and non-fabrics
- Fitted vinyl or rubber gloves (an extra pair or two would be helpful)
- Clothes that can get messy, as well as close-toed shoes (for the first 3 days)
- Masks for when we're working with powdered mordants and dyes
- A spool/ball of undyed, strong string, twine, or sturdy, non-stretch yarn such as crewel embroidery yarn (white or off white) for tying dye bundles.
- OPTIONAL: A variety of local leaves, seeds, and some flowers that you love. Good options for printing include: all kinds of oak leaves, all kinds of maple leaves (especially Japanese maple leaves), catalpa leaves and seed pods; sumac (except poison sumac) leaves and seeds; peony leaves, rose leaves, raspberry leaves, strawberry leaves, eucalyptus leaves and seeds clusters; fern fronds; perennial geranium leaves; and many other thin but sturdy and heavily-veined leaves (succulent-type leaves don't work); goldenrod flower clusters, oxalis varieties, lupine leaves and flowers, coreopsis, cosmos, etc. **We will collect plant material locally once we're in the workshop area, so you do not need to bring any with you.**
- Stitching supplies for Days 4-5:
  - Bring hand-stitching supplies including needles and coordinated threads. (Hand-stitching threads such as #8 and #12 pearl cotton, embroidery floss, sashiko thread, sturdy silk thread, crochet cotton etc.). Hand-sewing needles such as size 7 embroidery needles, size

24 chenille needles, and size 5-9 milliner's needles are ideal for hand stitching with the types of threads we'll be using.

- Sewing/straight pins for pinning fabrics together
- A fine-point chalk pencil or other fabric marking pencil
- OPTIONAL: Safety pins for pin basting
- OPTIONAL: 1-2 yards of thin quilt batting (cotton, wool, or a natural blend) and backing fabric if you would like to make your dyed and printed fabrics into a quilt
- A garment pattern if you would like to make your printed and dyed fabrics into a garment
- Whatever other hand sewing supplies you like to use (thimbles, thread wax, embroidery hoop, etc.)

## **Scouring Fabric: Preparing Fabric for Eco-Printing & Dyeing**

It is very important to have scoured (thoroughly clean) fabrics on which to print and dye. Even fabrics that look clean can have residues on/in them that will block the absorption of pigment, so I recommend using the following techniques to prepare natural fabrics for dyeing and eco-printing. (These are pretty much the instructions found in Jenny Dean's book "Wild Color," which is one of my favorite reference books for botanical dyeing.)

### **Scouring Plant Fibers (cotton, linen, hemp, rayon, bamboo)**

**Stove-Top Method:** Fill a large (multi-gallon) pot with water + (1-2 t. washing soda/soda ash) + (1-2 t. of cleaning solution like Dawn dish-washing liquid) / gallon of water.

Stir the water, washing soda, and cleansing liquid to mix and then add your plant-based fabric. Heat the water to a simmer, and then simmer the fabric at least 2 hrs. Drain off the liquid and gently rinse the fabrics. Air or machine dry them.

OR

**Washing Machine Method:** If you do not have a pot large enough to undertake this process, I have scoured plant-based fabrics in my washing machine with success. I use the "sanitary" or hottest cycle setting and add the washing soda and Dawn/cleansing liquid directly to the machine. That cycle on my machine runs about 1.5-2 hrs.

### **Scouring Protein Fibers (silk, wool)**

These need to be cleaned more gently than plant fibers. Wash protein fibers in warm water and ph-neutral cleansing liquid or Dawn dish-washing liquid. This can be done on the stove-top at a simmer or in the washing machine on a gentle cycle. If done on the stove top, put the fabric in cool/room-temperature water and bring the water and fabrics to a gentle simmer. Keep the water and fabric warm, and stir them gently for about an hour. Rinse gently several times. Air or machine dry.