SINGING THE BLUES: Working with *Persicaria tinctoria*

With John Marshall©

Fresh-Leaf Vat

Supplies:

- blender
- ice water
- straining cloth
- colander
- recepticle
- freshly picked *Polygonum tinctorium*

Directions:

Pick the leaves early in the cool of the morning. Strip leaves from stem. Add roughly 50ℊ of leaves to a 1ℓ blender. Cove most of the way with ice water. Blend on high for about one minute. Strain. Save mash.

Repeat above steps until you have enough liquid volume to place your fibers without crowding.

Swish occasionally. The longer you soak the fiber, the darker the color becomes.