Eco printing is a type of printing that uses the natural pigments, tannins and acids present in various types of plants. You can create eco prints with colorful flowers and various kinds of plant leaves. This type of printing and dying is a wonderful way to explore color in a sustainable way. There are many different ways and processes to eco print at home. Learn how to do so in this fun and simple project!

**SUPPLIES**
- Light-colored fabric item or watercolor paper
- Bright colored flowers and/or leaves
- Painter's tape
- Hammer
- Scissors

**INSTRUCTIONS**

Step 1: Lay your fabric or paper flat with the good side facing up. Prepare your chosen flowers and/or leaves by cutting off the stems. Remove as much as possible, so you just have the head of the flower. You can use individual petals as well. Leaves can be left on the stem (if it’s not too woody) or you can remove them from the stem first.

Step 2: Place your cut flowers/leaves top side facing down on your fabric or paper. Use your painter’s tape to tape over your flowers so that they are fully covered.

Step 3: Flip your fabric or paper over, and on a hard surface, begin gently hammering the places where your flowers/leaves are taped. You will begin to see the natural colors transferring onto your surface.

Step 4: Once you are satisfied with the amount of color on your surface, you can flip it over and peel off the tape to reveal your eco print!

To watch this process, visit youtube.com/PeabodyEssexMuseum

**SHOW US!**
Share your eco prints with us at #PEMpod or #peabodyessex

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