

DIY Guide: **Make Paints at Home**

For thousands of years, people have been making paints from ground up minerals, and other naturally available materials from seeds and leaves to flowers and rock. Today, you probably have some things in the kitchen that will do just as well to make some quick no-chemical paints.

YELLOW 🍋

Take a few tablespoons of turmeric powder. Add a few tablespoons of warm water and stir until it's dissolved. Ta-da! You can make the paint as thick and thin as you would like, by controlling the amounts (or proportion) of water and turmeric.

BROWN ☕

Take a few tablespoons of instant coffee powder. Add a few tablespoons of warm water and stir until it's dissolved. There you go! You can make the paint a darker or lighter hue, by controlling the amounts (or proportion) of water and coffee.

WHITE 🍼

Take half a cup each of white flour and salt in a bowl. Pour half a cup of warm water and whisk everything into a smooth liquid. During this step, make sure you get all the flour to eliminate lumps in your paint. Your white is now ready!

Tip: You can also divide this paste up into smaller bowls and add 2–3 drops of food colouring (or poster colours) to get different colours.

If you have more supplies in your kitchen, try your hand at these colours too. If you want to thicken these, try adding a little rice flour in your colour. If your paints are fairly thin, you can also use them to do a wash of your paper to give it a lovely effect on the whole background.

GREEN 🌱

Take a few spinach leaves and simmer them in a pan with about one and a half cups of water for ten minutes. When the water is starting to look green, turn off the heat and strain the leaves through a sieve. The liquid that you will collect through this process can now be used as your green colour.

PURPLE 🍆

Take a few blueberries and microwave them with a few tablespoons of water for a minute and a half. Once out, mash them into a pulp and strain the purple juice through a sieve. Top up the juice with a little warm water and stir.

RED 🍒

Crush some beetroot and strain it into a bowl. To get more colour out, wrap the mashed beetroot into a small cotton cloth and press the juice out with your hands onto the bowl.

Now you're all set with your basic palette. Remember that you can always create new colours by mixing up the ones you've got! Time to paint!