

NATURE'S PALETTE

MAKING NATURAL HOLI COLOURS

Session Notes

2 MARCH 2025





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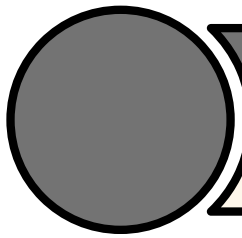


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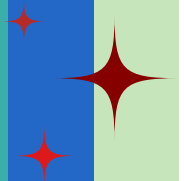


INTRODUCTION

& PHILOSOPHY

Holi, the festival of colours, is a joyous celebration of spring, love, and togetherness. While synthetic colours are widely available, they often contain harmful chemicals. Why not make your own safe, natural Holi colours using everyday ingredients like beetroot, spinach, turmeric, and indigo leaves or aparajita flowers? This book will guide you through simple, step-by-step recipes to extract vibrant pigments and transform them into Holi powders. This workshop is a special initiative by Local Gyan, dedicated to promoting eco-friendly and sustainable practices through hands-on learning experiences.

At Local Gyan, we believe in using ingredients that are easily available in the market. Observing our surroundings is key—why does beetroot leave a strong pigment while red bell peppers don't? Understanding the properties of natural colours helps us make the most of this workshop and deepen our connection with the materials around us.



EXTRACTING NATURAL PIGMENTS



RED FROM BEETROOT

- 3-4 medium-sized beetroots (about 500g)
- 4 cups water
- 1 tsp lemon juice or citric acid

- Grate the beetroots finely.
- Boil them in 4 cups of water.
- Simmer for 30-40 minutes until the water turns a deep red.
- Strain and discard the grated beetroot, keeping only the pigment water.
- Let it cool completely before use.

Observation:

Notice how beetroot releases a deep red colour when boiled. Unlike red bell peppers, which lose colour when cooked, beetroot retains its pigment due to the presence of betanin.



GREEN FROM SPINACH

- 2 cups fresh spinach leaves (about 200g)
- 1 cup water
- 1 tsp lemon juice or citric acid

- Finely chop the spinach leaves.
- Boil the spinach in 1 cup of water for 5 minutes.
- Immediately transfer the boiled spinach to a bowl of cold water to preserve its bright green colour.
- Blend the spinach, strain and discard the pulp keeping only the green pigment water.
- Add lemon juice or citric acid to stabilise the colour.

Observation:

Green leafy vegetables like spinach contain chlorophyll, which dissolves in water when boiled. However, if boiled too long, the colour may fade-why do you think this happens?



YELLOW FROM TURMERIC

- 5 tbsp turmeric powder
- 1 cup water

- Mix turmeric powder with 1 cup of boiling water and stir well to form a smooth paste.
- Simmer for 5-7 minutes to enhance the pigment extraction.
- Strain if necessary to remove any lumps.
- The yellow pigment is now ready for use.

Observation:

Turmeric contains curcumin, which gives it a bright yellow colour. Try mixing it with different substances-what happens when you add a drop of lemon juice?



BLUE FROM INDIGO LEAVES OR APARAJITA FLOWERS

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- 2 cups indigo leaves or aparajita (butterfly pea) flowers (about 50g)
- 1/2 cup water

- Finely crush the indigo leaves or aparajita flowers.
- Boil them in 1/2 cup of water for 20 minutes to extract the deep blue pigment.
- Strain and discard the plant material, keeping only the coloured water.
- Let it cool completely.

Observation:

Butterfly pea flowers release a beautiful blue pigment. If you add lemon juice, the colour changes to purple—why do you think this happens?



CREATING THE COLOUR POWDER



INGREDIENTS

- 1 cup natural pigment extract (from Chapter 1)
- 2 cups cornflour
- Food colours (optional for vibrancy)

INSTRUCTIONS

1. Take 2 cups of cornflour in a mixing bowl.
2. Gradually add 1 cup of the extracted pigment water, mixing thoroughly.
3. Continue adding small amounts until the mixture reaches a thick, dough-like consistency.
4. If a brighter shade is desired, add a small amount of food colouring.
5. Spread the mixture on a tray lined with cloth or parchment paper.
6. Allow it to dry in a cool, shaded place for 2 days, ensuring no direct sunlight to prevent fading. The water should dry out to prevent fungal growth.
7. Once completely dry, crumble the hardened mixture into a fine powder.
8. Store in an airtight container until use.



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MIXING COLOURS – A NATURAL COLOUR WHEEL



MIXING

By combining the primary colours, we can create additional shades:

- Red + Yellow = Orange
- Yellow + Blue = Green
- Red + Blue = Purple
- Green + Yellow = Lime Green

SUGGESTIONS

Use the natural extracts to experiment with shades and create unique Holi powders.

Some colours mix well, while others do not. Try mixing different extracts—do you get the expected results?

This Local Gyan workshop ensures that Holi remains an eco-friendly and safe celebration. These colours are gentle on the skin, biodegradable, and free from harmful chemicals. More importantly, this workshop encourages us to observe colours in our surroundings, question how pigments work, and use everyday materials wisely. By looking at local markets and understanding nature's palette, we gain deeper knowledge about colours and sustainability.

Enjoy Holi with nature's vibrant hues, celebrating the festival in its purest form!



HAPPY HOLI

WORKSHOP CONDUCTED ON
2 MARCH 2025

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