

REFRESH:

Create something new
out of something old!

[click here to
check out our
video!](#)

Refresh those veggie peels into watercolour paints

Beet
peels:

red

Purple
cabbage:

blue
purple

Coffee
grounds:

brown

Turmeric:

yellow

You'll need ...

- saucepan
- stovetop
- water
- strainer / spoon
- coffee filter / cheese cloth
- bowls
- 1.5 cups each veggie scrap
- 1 cup coffee grounds
- 1 tablespoon turmeric

For turmeric:

- mix 1 tablespoon of turmeric with $\frac{1}{4}$ cup of warm water, until powder dissolves
- cool in fridge

For beets, cabbage, and coffee grounds:

- pour veggie scraps and coffee grounds into separate small pots, at medium-high heat
- add 2 cups of water to each pot
- bring to a boil
- reduce heat to simmer for 10-20 minutes
- note: purple cabbage produces a blue colour until the 10-minute mark, but deepens to a rich purple the longer it boils
- pour into a mesh strainer, collecting your "paint" in a bowl
- note: for coffee, line the strainer with a coffee filter / cheese cloth. Use back of a spoon to press liquid out of grounds
- cool in fridge