



Lisa Goddard

ECO DYED JOURNAL

[Lisa's Website](#)

Materials & Supplies List:

12 Sheets of Mixed Media Paper (150 GSM) Size A5

Flowers and Leaves

String

Scissors

Dyeing Pot with Lid

Hibiscus Tea Bags x 8

Water

Allum Powder

Heavy Stone

Paper Clips

Natural Fabrics (ex: wool, cotton, linen). These can be plain or a variety of different textures and patterns

Avocados

Iron tablets

Pestle and Mortar

Two Big Jars

Needle and Embroidery Threads

Strong Thread such as Crochet Thread

Fabric Scraps

Glue Stick

Buttons

Images and Words

Fabritac Glue

Awl

Bulldog Clips