Natural Dye Discharge Technique with CBTV Live

Chapter 1 - Chapter 1
Discharging Natural Dyes
(upbeat music) - Hi everybody. This is Faith from Creativebug coming at you live like we do every Tuesday, Thursday and today I have a very special in studio guest, Miss Kenya Miles. - Hi. - And who are you? What do you do? Why are you here? - Well, you all let me in the building so generally that's, no. I am a natural dyer, a textile artist and I do a lot of work sort of based around, colors that come either from the area around you or things that are edible. And I kind of do a lot of specifics based around, painting those colors on as just opposed to having like a solid color. - Mm hm. - I like graphic images and things that are a little more punchy and, that's really what my specialty is. - And you have this interesting technique that I've never really seen before outside of like I remember we would take black tee shirts and we would scribble with a bleach pen and everything looked - Yeah yeah. - [Faith] like a little bit burned and woozy. - [Kenya] Yeah. - [Faith] But this is the natural version of that. - Yeah. So this is a process that you will be able to do with some natural dyes. Not all natural dyes remove color this way but you're essentially taking what is the essence of a lemon or an orange or a lime, the citric acid and taking that and putting it, applying it to your fabric and that removes the color. - And the fabric has all been previously naturally dyed? - Yes, so I'll show you. This purple comes from log wood. So log wood has really just, this has been soaked so it's a little damp but it comes from the log wood tree and that can be found in Central America and several different places in Africa and it basically gets soaked and you apply a base mordent which is something that attracts the color to your fabric and then the colors attach. So the mordent allows the color to really hold tight so that it doesn't wash away and then you get this beautiful purple and-- - [Faith] It's really pretty. - Yeah. It's a really wonderful color. It also has a lot of sort of different shades that you can get depending on how much fiber you use, how much material you use and what material you use because you get kind of brighter colors with silks versus cottons and linens and things like that. - And then tell me about this gray. - And then this gray was done with, so again another two part process. So you use a tannin which is essentially, anything that has, there are a variety of tannins but we sort of and I tend to use a lot in this region of the world, oak galls which are really easily harvested and they sort of fall from the oak tree. They're a parasite that a wasp is trying to burrow into the oak tree and they fall really easily especially this time of year, they're really prevalent and so I make essentially just like a tea out of it. So you make a big pot of water, have everything emersed in that and then the second layer of that is taking iron which I have just a little bit, some mineral salt and you take the minerals. Very very low percentage because it's not, it sort of can eat away at the fiber so you don't want that much. And once you do that, the tannin and the iron react. And the technical term for this is ferrous sulfate but you can even do like a vinegar, like old pieces of steel. - [Faith] Oh I've seen that way. It's rust. - Yeah, yeah. - [Kenya] Rust, even steel wool for a couple weeks - Oh wow. - [Kenya] And then you have like this iron juice. - [Faith] Okay. - Don't drink it. (Faith laughs) (Kenya laughs) And that will create the iron and the tannin creates shades of gray and black, which is really fun. - And I know you generally do this as a longer workshop so in that workshop - Yeah. - do you begin with the fresh zero dyed cloth and then you natural dye it and then we do this technique? - In, I teach often like a six part series that sort of - Okay. - you can build off. So in a day it's not enough time to do all of the components - Sure. - because things need to dry, things need to - Sure. - sit in the bath for a certain amount of time so

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really what it, what I do in my workshop is I've already provided these for you, - Okay. - but then you start off with blank fibers or undyed fibers and then we thicken mordants which are alum and iron. Something like that and then you put that into a vat on top of it. So it's, there are many things that you learn in the six hour workshop that I teach. - But we're doing an overview in 20 minutes. - Yeah. Yeah. But this is the fast-- - 'Cause you're that good. - The down, the down dirty dirty. So, this is basically the iron and the log wood will also discharge different colors. So, I need to first have a thickener that I can paint or use stamps on and so I use citric acid which we've poured just about three teaspoons in. - Mm hm. - Not a lot at all. And then I've added guar gum which is an emulsifier and natural emulsifier. And 250 millimeters of warm water. - [Faith] Okay. - That's it. And then I have an emersion blender which I like to you because it gets everything kind of, more emulsified than let's say a blender but also as time goes on the guar gum will thicken over time so you want to air on the side of like less thick. Kind of like a syrupy density. - And if your speakers are turned all the way up, turn them like a little bit of the way down. - Turn it down. - 'Cause it's gonna be a little bit loud for a - Little loud. - small amount of time. - Sorry. We'll do this quickly. - It'll be okay. (blender whirring) - So if you can see the top of this, it's sort of kind of gooey a little bit. - [Faith] Yeah. - [Kenya] Kind of like syrup. So, we'll just leave it at that. - [Faith] Okay. - We won't go any further. Do we have any, you can take this. Alright. Okay. (cup thuds) So then, there's a variety of ways just like anything that you can apply this thickener. You can use brushes, you can use stamps, you can use things around your home that obviously you will not be using to eat because you should never mix your natural dye objects with things that you are going to then cut cookies out of or something for the holidays. Like don't do that. - Sometimes it's hard to remember. - It is and also yeah. But this is an all natural process. It's just more about like just having materials. If you're a metal smith you're not gonna be like-- - It's true. - Snacking on your, I mean you know? (Faith laughs) So, really all you do is dip your brush or whatever your fabric, I mean whatever your applicator is and paint on top of your piece with the thickener. And so what happens with this is that it takes a little bit of time to dry, but you will definitely sort of see the results, as things begin to dry. - [Faith] And what material are you painting onto right now? What's the fiber content? - [Kenya] Oh, so this is cotton. - [Faith] Okay. - [Kenya] I tend to use cottons, linens, things that are natural fibers obviously are the most useful but also are known to a lot of people. Rayon is a natural fiber. It's just chemically sort of processed but rayon's are also possible to use in natural dying as well. - [Faith] I don't think that would've occurred to me. - No it's, yeah they have like bamboo rayon. There are things. And then I have this little stamp here and so what I like to do is make a little ink pad. So I'm just gonna fold this over. And make myself a little-- - [Woman] We have our first question from Phil. - [Kenya] Hi Phil. - [Woman] And Phil is saying that he missed what the thickening agent was. What is that again? - What is the thickening agent? The thickening agent is guar gum. It's, you can find it in your grocery store, health food store. It's pretty accessible. - So would you mind repeating the recipe for our-- - Yes absolutely. Let me just try to pour this. So the recipe is 250 millimeters of warm water. Doesn't have to be boiling but it should definitely be warm to hot. Just because that help things activate a little quicker and then three table, sorry, three teaspoons of, of citric acid and then, a quarter teaspoon of guar gum. And that's it. And the guar gum you can kind of, you can't really remove it. So I would start off with that amount and if you feel like because it often is also even weather effected. So let's say it's cooler outside of if there's a little moisture in the air, things will thin out so you'll need to add more thickener as you go. So I'll just put a little circle here in the middle. - [Faith] This is so exciting 'cause you can already see it lightening. - [Kenya] Yeah it's lightening the color and it will most likely kind of go through this process of, it's taking its time to

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remove color. So I have my little stamp here, and I'm just gonna put a couple of easy marks here. And that is it. There, we'll use this one. And then we'll go, onto our log wood. - [Faith] Such a pretty gray color. - [Kenya] Yeah it's fun and you can also see it's imperfect. I'm not a big perfectionist person but that's a lot of wear. Even there might've been some oak gall left, pieces left in the vat and somehow it attached to the fabric. - [Faith] And before you had dyed this with the log wood, which by the way seems like a very redundant name of a tree. - [Kenya] Log and wood? - [Faith] Mm hm. - [Kenya] Yeah. It's true. - [Faith] That this fabric was white. - Yeah, this fabric was white and it was, if you're doing natural dyes there's a whole level or processing around scouring which means removing sort of the pectans and the natural waxes that are finished, because people tend to, industrial companies like to have things have a nice hand and really that just means that it feels soft. But those waxes are in the way of your actual application of the mortan and the color. So, you really want to remove those as best you can, so there's a whole scouring process and once you do that then you're prepared for your mortan which again is the binder that attaches the molecules of color to fiber. - There's all these steps. - It's a lot of steps but also like, we all have things that we, we're like willing to work hard for and this I'm willing to work hard for. - [Faith] Yep. - [Kenya] And it's not that much work but, yeah. It's not, you don't just take it out of the box and it's like magic. - Right. - There are extracts that you won't have to do, the level of like material gathering. You can just take a certain amount of the liquid which is the absolute extract of color. And then just put that into a vat and throw that in. So there are extracts that make that a little bit easier. But you can see around the edges. - That's so neat. - They're starting to get some colors. - Look how moody that looks. - [Kenya] Yeah. - [Faith] That's planetary. - [Kenya] Yeah. Yeah especially with this stuff. It's like, - [Faith] I love it. - [Kenya] the whole world. So then we can try this over here and I want to do just a lemon. - [Faith] Yes. - [Kenya] So we can just see like how easy it is now that we've told everyone it's super hard. (Faith laughs) - [Faith] Exactly. - [Kenya] It's hard, no it's easy, no it's hard. I'm just gonna roll my lemon. Nice cut, all the way around. (knife thuds) And then you can de seed or keep the seeds, it's up to you. Depends on what you're hoping for. - [Faith] I'm so excited. - [Kenya] And so then I would just take this as is. This isn't warmed, it's room temperature and just place it right there, give it a little squeeze. And then you can see they're starting to remove the color already. - Oh my goodness. That's so fast. - [Kenya] Yeah. Yeah these, the log wood tends to work super quick. So this obviously like was a lot. - [Faith] Neat. - [Kenya] And then I can, it's always good to have a test strip. You can decide how much pressure you want to put on. Because here I'm getting the impression from the actual like, lemon. - [Faith] And that's just the lemon juice? - [Kenya] Yeah that's just lemon juice. - [Faith] Cool. - [Kenya] So if you are a natural dye like person and you have clothing that you're really interested in and inspired to create and then, you're at a dinner party and you're like oh no. - [Faith] Be safe with your lemon aid. - [Kenya] I got some citric acid. Just go to the bathroom, get your lemon and then day to evening. It's really great. (Faith laughs) - [Faith] Perfect. - [Kenya] Yeah, so that's it. - [Woman] It's a wardrobe work horse. - [Kenya] Yeah. - [Faith] A cut lemon. A wardrobe work horse. - Exactly. Exactly. And so I've done this. The great thing about this too is that it's also really safe for kids. So I've done this in like a setting where there are a classroom full of kids and they are learning about natural dyes and this is kinda fun because they don't, you don't have to worry about roaming hands, fingers, like my son. I won't do that and then all of a sudden I'm like you just did the thing I asked you not to do (laughs). - Mm hm. (Kenya laughs) - So yeah, so that's our easy pattern here if you just want to use a lemon. And then I think there's a couple of other, we have some things that have already been printed but you can use wood blocks. They're a little bit more, I won't say complicated but you just have to I

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think create, we have underneath here a little soft pad from felt just to give yourself some space. - [Faith] Can I do a row? - [Kenya] Yeah of course. Here I'm gonna put this under. - [Faith] I really liked your answer to this sure seems like a lot of steps. Yes, it is. - Yeah. Yeah. - [Faith] 'Cause it's worth it. - [Kenya] Yeah because people are like no it's easy. Everything's easy but it isn't and that's okay. It shouldn't be. If you love what you do you should just enjoy the process. - [Faith] Well and I know with like knitting, then you learn how to maybe dye the yarn or that maybe how to spin the yarn or cart it or - Right. - [Faith] there's so many levels that you can go in with natural dying it's, - Yeah. - [Faith] It's very much the same way. Or even like you make clothes and then you want to make the fabric and dye the fabric and-- - Right. - [Faith] It's pretty cool. - [Kenya] So I would do a two step here where I have my little ink pad. It can be a blotter but also, you can use it in that way. I'm gonna just do it on here maybe. Let's see. - [Faith] I want to keep, I've been trying not to guess because it doesn't sound good on the microphone. - [Kenya] Really? - [Faith] But this is crazy. - [Kenya] Yeah this is-- - [Faith] Look how magical. - [Kenya] I know it's a lot of fun. And then if you get like a proper pattern going you can get a lot more, you feel a lot more official 'cause you think - It's so beautiful. - [Kenya] you know how to make patterns out of lemons. And there are also these little, let me see. These little dots which I got at Darma Trading which is just very close by us. You can do a little dot. (Faith laughs) Give yourself some, you know. - [Faith] That's so cool. - [Kenya] Some contrast or break it up so people aren't like is that a lemon on your shirt? No. - [Faith] Look at all the dots. - [Kenya] Obviously I bought this. - [Woman] Of citrus fruits which has, is there one that has stronger acidity? So would like would you say-- - [Kenya] Like a higher level of acidity? - Higher than limes or oranges for example. - No. I mean I think, I actually think limes have a higher acidity than lemons. Just for whatever, the sizing of them are but, no any of them would really work. I was fortunate in the last place that we lived there was a huge lemon tree and so, it was a very just go out back and cut your lemons and-- - That's so romantic. - [Kenya] I know it is. It's very California. - And no instead you have - It's very - people giving you oak gall. - California (laughs). - Yeah now when I, yeah. People give me oak galls and they, you know. - It's a little less dreamy because of the whole wasp origin. - It's not really less dreamy. Like if it's your thing like thank you for the galls it's so great. I'll cart them back in my tote. - [Faith] Has anyone ever stopped you at customs to say excuse me. - [Kenya] No I mean I, yeah I mean I've-- - It's the wasps home. - No. I mean the good thing is that I just fly east so there's no, we don't go customs. - Oh perfect. - But, but I have maybe I shouldn't say that. (Faith gasps) There are things that you can get through other countries that are natural. You're not supposed to have them either. - [Faith] I won't tell. - [Kenya] Yeah, shh. - [Faith] One time I did get, I've gotten knitting needles confiscated more than once. - Oh that's interesting. - But I tried every time. - [Kenya] Yeah you have to. - It's worth it. They don't like circular needles. - Oh why is that? - It's too... (woman laughs) - The thought. - [Woman] 'Cause you're gonna go butch fellas on someone? - Yeah that's why I was like is someone gonna? - It's dangerous. - That's strange. - I did though. - But did you like knit the whole flight and then they took them? - No, no, no, no. - Oh they took them before you got on. - I tried. - Oh. - They didn't get 'em. - Oh they didn't? Oh I see. Good. - Yeah. - [Kenya] Good. Good for you. - [Faith] Thank you. - [Kenya] Good for you. - [Faith] I'm an activist. (Kenya laughs) So also we must make clear. - [Kenya] Yes? - [Faith] This was never orange at any point in time. - [Kenya] No, no. So that's the other thing. Also what the citric acid does is very different on each color and also in different fabrics 'cause I'll try this one here and see, it doesn't necessarily always come out the same color. - [Faith] They look really neat. - And they'll get, it'll get richer and darker in that orange but no. This was just white and then had an alum mortan and then was dyed purple and that's it. So, yeah. It's pretty, I'm gonna switch this out. Pretty fun in

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that way. I'll give you that one. Let's see. Like I think this might dye a little bit different. I think I might go a lighter color. - [Woman] Alright our next question comes from Cindy, and Cindy wants to know what do you plan on doing with all the small pieces of fabric? - Cindy asks what are we planing on doing with all the pieces of fabric which is, Cindy you read my mind 'cause I was gonna ask that question too. - Yeah. Well, that is a great question Cindy. So, you can do a number of things. I think there's a lot of, you can work large and not use small pieces of fabric. You can dye whole cloth yardage and then do longer and larger pieces of things. You could also take those pieces and scrap them together, sew them together and I actually Cindy, have something here. Why don't we get back to that? Where I have an example of a piece that-- - [Faith] So neat. - [Kenya] Has been all sort of like dyed with natural dyes and patchwork together and then I did this discharge on top so that you can see the gray and the purple can work side by side and you can also do something while you're planning on making a bigger piece like a quilt or something and get really fun results out of it. So, essentially this piece is just stripes, right? So I take this, make a stripe. And if you really want to be like technical you can out tape down and have a less imperfect line but anyone who's ever taken my class will tell ya I'm a vibrational like person. Like take notes, I don't take notes, do this, I don't do that. And then, that's small, here. Take this. And then put your dots on. I like this one. It's like half and half. - [Faith] It's so cool. - [Woman] Alright our next question comes from Darcy. Darcy wants to know what natural dyes other than log wood or a tannin iron bath would you suggest for this technique? - You can use something called Brazil wood which-- - Oh Darcy asks what are other natural dyes that we can use with the same technique? - Yes. So, there is, there are a number of dyes that you can use. I would just say test and see what comes of it but I know sour grass which is all of the weed that grows in the spring time especially here, I don't know what it, what else it's called. It's like yellow clover. What is? There's like a technical name for it but you can do that. I know that discharges with citric acid. Brazil wood. You might be able to do cochineal. It just depends on that alkalinity because cochineal shifts - Oo. - [Kenya] based on pH anyway and so it's very highly pH sensitive so you could use cochineal. - What color does that make? - It just depends because cochineal can be gray, I mean not gray. It can be navy blue, it can be beat purple, it can be like rose pink. So it would just depend on what range of color. - I want to try it now. - Yeah. So you could really just, I think you just have to try it and see 'cause there are a number of natural colors that will discharge and some that, indigo will not work. That is a color that will not discharge citric acid but, mostly because it's a very stable dye. So, pH doesn't effect its color. - [Woman] Once these pieces are dyed, but the color's removed, are they machine washable? - So there's a couple of things that you have to do. I think the important thing to remember about when you're dying anything with natural dyes is that-- - Oh Allie asks are the pieces machine washable? (Kenya laughs) - I'm sorry I keep doing that. Essentially it's important to one, think of things as a femoral, right? Like things don't last forever. Even your most favorite thing doesn't last forever. So, you kinda got to get into that mode. Two, these pieces will, can be machine washable. You have to do a steam setting process. So, one of the reasons you get like all of your really like beautiful colors from India and sort of like that South East Asia and even like Africa, West Africa is because they have a lot of hot dry weather and you need that to kind of penetrate it. So, you can do a steaming process where you take this, cover both sides in news print, wrap it up, put a towel underneath, even just those like dumpling steamers. - [Faith] Oh. - And sit it on top of some water and it will steam. How long it should steam, it sort of depends on what but I would start well within two to four hour to try to steam it and then it will be set and then you can wash it. But also be aware that things are still pH sensitive so you can't just use any wash detergent because they also

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have a lot of, if you look at detergents they have a lot of things in them that we just, we don't necessarily need on our bodies anyway. So, that an important part but yes absolutely and it will stay in this color range. Sometimes it will shift to a little bit lighter. I even have a piece here that has been steam set but it's king of layered in many ways but-- - Do you want me to use this guy so it doesn't touch it? - Yeah. Thank you. So this piece I did has been dyed with tannin and it also made - That's stunning. - like a thickened iron paste and then I did citric acid on top of it. So it has all of these like tiers - It's so dreamy. - [Kenya] of colors and then I steamed at it. I have kind of a, it's not really a commercial dyer but it's a really big steamer (laughs) and that I dyed, I steam set this in and this has been washed and, so yeah it's a nice, it's a process that is very useful but also I think it's accessible. Like you don't have to go out and buy a ton of equipment just to prepare this to use. - [Faith] Should we paint on that last one and show them the results? - Yeah let's do the last one. Yeah let's do that. - [Woman] Next question comes from Kathleen and Kathleen wants to know, do these fabrics, like would this fade in the sun? - [Faith] Kathleen wants to know do these fabrics fade in the sun? - They, I mean I think, so there are two things that happen with natural dyes is that, they are considered wash fast or light fast and so wash fast is really about what it claims is that can it be put into a washing machine without the color bleeding or fading? And so different dyes have different capacities for that and different dyes are also light fast which means that they either able to be in direct sunlight for longer periods of time or not. Citric acid, okay so Brazil wood, I would even say log wood are really low on the light fast level but log wood can also have a little bit or iron added to it to increase its light fastness. So if you do that while you're dying it, it will increase the light fastness of it. Anything that's in direct sun, I mean if you're wearing it outside like, don't be on the beach in it, right? That will probably be an issue but, interestingly enough I've made myself curtains that have the same sort of dye, not with the citric acid but they're dyed with oak gall and iron and made a paste of iron and those are my curtains at home. And they're fine. So, - Awesome. - it's just a matter of like testing things out and also just seeing like what the viability of things are versus your expectation. I think that's the things is just shifting a little bit your expectation what will be long term versus what may not be long term. - [Woman] She asked another question. I'm kinda geeking out on this. - [Kenya] Yeah? - [Woman] What species of oak does the oak galls come from? - [Faith] Allie asks what species of oak does the oak galls come from? - I don't know about-- - That is geeky. - Yeah that is geeky. I don't know if I have-- - [Woman] I have an oak tree. I have many in my backyard. - Yeah I don't know if I have that answer in particular. I just know that generally the oak is in the like Redwood, Morin sort of area at least for here - Okay. - [Kenya] and so I think that they're kind of prevalent in those regions so yeah. Yeah. - But do they have these on them? Will you take a look? - I looked. - Take a look. - [Woman] I mean I looked, I am. - [Kenya] But they also fall pretty easily. So if you haven't seen them kind of over the years just kind of falling around probably isn't the right oak. - Okay. - [Kenya] But they, yeah. And they tend to be like, - It's exciting. - [Kenya] larger oaks. Let's see. - [Faith] And then is there anything you have to do to set? So okay, so you have the dye, the natural dye. - [Kenya] Yep. - [Faith] The citric acid or the lemons takes the dye out. - [Kenya] Yes. - [Faith] Do we need to do anything next? - [Kenya] Yeah, so after that it's the same kind of setting process where you would just steam it. - [Faith] We rinse it? - I would, one big thing too about natural dyes, and if you've ever seen someone make a natural dye in another country or another place, the longer you keep something sitting the better it has to bind to the fiber. - Okay. - So when people dye indigo in Japan or in West Africa they're not like oh let me go wash that indigo right away. Right? Like it takes a month, they let it sit. - Oh, uh huh. - You see it hanging out in the grass with the cows. Like there's, it's living. It's a living thing so it's also taking its

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time to bond to the fiber. And that will give you greater results in the long term where you'll have less fading and things like that. So the longer you can kind of keep them away, I keep my thing stored in a dark like Tupperware like bin, large bin and then when I'm ready to do something with it then I will go to the next step of setting it or washing it or you know. - [Faith] So at the very least we should let this dry? - [Kenya] Absolutely. It should absolutely dry. It should absolutely dry out of direct sunlight. - Okay. - All natural dyes should be dyed out of direct sunlight. It needs the heat but it doesn't need the light. And so that's kind of the big thing where even in things that are chemically dyed, sometime if they're in direct sunlight they fade 'cause the sun's very strong. It is. So (laughs). - [Woman] Our next question is for you Faith and comes from Phil. Phil wants to know, he said Faith did you get a different texture on the back of the fabric you're working on where the lemon juice went through? - Phil is asking did I get a different texture on the back of the fabric? I thought you were gonna ask me when am I gonna get my bangs trimmed 'cause they're a bit too long. - I did think it was also a texture of hair question. - They're like in my eyes. - I was like oh. - I apologize to everyone who has to see me looking like droopy dog. Let's take a look. So here's the front where we've been printing with the lemon. And they look a little bit different. I mean you can see some texture differences around the edge. I think I like, if I had to pick I would choose this side just because I've grown attached in the past half hour. I don't want to stop doing it. - Yes. - It's so fun. - Yeah. Yeah it's a lot of fun and-- - [Faith] It really is. - [Kenya] And clean up is kind of easy. I mean that's the thing that's nice about citric acid like, my son and I will do a lot of things together and we also do earth pigments with soy milk painting and he yeah he's always-- - Soy milk painting? - Yeah that's-- - We'll have to have you back. - Yeah that's always great. So but it feels nice because he can just come and-- - Yeah. - Make things and I don't have to be like-- - He must have so much fun. - It is a lot of fun. - Oh my gosh I'm ruining it. - [Kenya] He also kind of tries to abandon things. Like I'm done. - [Faith] And you're like no we have to let it sit for-- - This is art, you're not done. (Faith laughs) We're still goin'. So-- - So, this looks like it's getting a bit tan ish but this is that other one - Yeah. - [Faith] that is getting white ish. - [Kenya] Yeah and do we have that one? Is it still? Oh it's still going over there. Yeah. - [Faith] It's mesmerizing. - [Kenya] Yeah. So those will, once dried they'll get very, like for instance this was one that we did a little earlier. They can really get super light in their sort of extracted extraction of colors. - Stunning. - Yeah. And then let's see. This is wanted to show you just because this is a rayon. This is a bamboo rayon. - Holy smokes. - [Kenya] And it's very silky. It's very nice. - [Faith] And it's so crisp. - [Kenya] Yeah and this, and it's different because this is a linen, this is a rayon, like just the hand of the material, the weave and all of that gives a different effect. Yeah it's a lot of fun. So many things. - [Faith] What's your like desert island fiber? If you could only have one fiber? - I won't granol it is not hemp. My chosen fiber. It's linen for sure. - Okay. - Linen 100% because it'll get cold on the island. (Faith laughs) - Very good. - [Kenya] You'll be so warm 'cause it's not always warm on the island. - [Faith] Yeah, yeah. - [Kenya] Excellent. So I've got a little, I'm trying to think. - [Faith] Yeah let's finish up this piece and then do our show and tell and-- - [Kenya] Okay. I'm kinda just making, I think what I've found especially doing painting, even stamping is just that like, the most sort of mundane thing tends to be the best. And see if you make a mistake you just whatever. These go on top of it. - I like your attitude. - [Kenya] Yeah, yeah. Well-- - [Faith] You'd be prepared for a desert island scenario but also

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