

Here's a **step-by-step guide** to get food colours from local Jamaican Ingredients:

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✅ 1. Identify Common Natural Sources by Color

🌿 Red / Pink:

- Sorrel (*Hibiscus sabdariffa*)
- Beetroot
- Roselle flowers

🌿 Yellow / Orange:

- Turmeric root
- Annatto seeds (from Achiote tree)
- Pumpkin or carrot
- Marigold petals (*calendula*)

🌿 Green:

- Callaloo (*Amaranth*)
- Moringa leaves
- Spinach

🌿 Blue / Purple:

- Blue Pea Flower (Butterfly Pea) – *Clitoria ternatea*
- Red cabbage (can shift to blue or purple depending on pH)

🌿 Brown:

- Coffee
 - Cocoa
 - Burnt sugar (Caramel)
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✓ 2. Extraction Methods

Choose the right method based on the ingredient:

* Water-Based Extraction:

Good for most leaves, flowers, and fruits. Steps:

1. Chop fresh or dried material.
2. Simmer in a small amount of water for 10–20 minutes.
3. Strain and cool.
4. Store in sterilized containers.

* Alcohol-Based (Ethanol or Rum):

Used for longer shelf life or to pull out color from tough ingredients (like annatto).

- Soak the ingredient in food-safe alcohol.
- Let sit for several hours or overnight.
- Strain.

* Oil-Based:

For fat-soluble colors (e.g., turmeric).

- Gently heat the ingredient in coconut or vegetable oil.
- Filter and bottle.

✓ 3. pH Sensitivity (Very Important)

Some colors shift depending on acidity:

- **Red cabbage:** Purple in neutral, red in acid, green/blue in base.
- **Butterfly pea:** Blue in neutral, purple/pink in acidic.

Your friend may want to test their extract in various pH environments (e.g., vinegar, lemon juice, baking soda).

✓ 4. Preservation Tips

- Refrigerate extracts and use within 1–2 weeks (unless alcohol-based).

- Use **citric acid** or **vinegar** as natural preservatives.
 - Store in **sterilized, dark glass bottles** to prevent light degradation.
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✓ 5. Applications

Test in:

- Icing/frosting
 - Drinks
 - Rice or dumplings
 - Homemade candies
 - Yogurts
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✓ 6. Legal & Food Safety

If selling:

- Ensure ingredients are food-grade.
 - Label clearly (“Natural Food Color - Turmeric”).
 - Follow Jamaican Ministry of Health regulations.
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✓ 7. Branding & Business Tips

- Focus on **local pride** and **eco-friendly** branding.
 - Offer small glass dropper bottles.
 - Use social media to show demo videos (e.g., making pink lemonade with sorrel extract).
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Next, we will present a **basic business plan** for one of the colors

Quality Solutions Limited (QSL)