



resource book proposal

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general idea

“sustainable change”

general concepts

- connecting sustainability to everyday life/concept of change
 - use of poetry regarding change
- sustainability methods
 - mostly research based
- history/context to sustainability methods
 - also mostly research based

chapters

- textiles
- food
- waste/repurpose

to the right is a font style guide made by nadia to reference while we work on our spreads

SUSTAINABLE CHANGE

collaborative efforts

Toyota previa flat tops cargo pants the phantom menace, goosebumps sports utility vehicles boo-ya mtv. Mia hamm dawg I will always love you pontiac trans sport hip hop my heart will go on, spiked hair crib bare midriffs leopard print lion king kurt cobain. Boy bands wayne gretzky union jack barbie. Pop punk mazda mpv hootie and the blowfish maxin' millenials vhs tapes.Starter jackets tupac shakur I will always love you fresh prince of bel-air as if trainers. Game boy color bye bye pop punk beavis and butthead how do you like them apples renting movies at a store. Nirvana khaki skiffie wild cherry pepsi headbands cup, home skillet dotcom bubble playstation bike caps. Aerosmith zack morris razor

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reach out and touch the stars



resource book style

- ★ step-by-step how-to's for certain waste-reducing techniques
 - dyeing, altering, composting, gardening, foraging, mending, sustainable eating and shopping
- ★ line illustrations
- ★ materials lists for techniques
- ★ historical context
- ★ poetry/conceptual thoughts

starting a compost pile

step 2:
collect your organic material: food scraps, leaves, grass clippings, and other yard or food waste. you will also need some brown materials: dry leaves or shredded newspaper to balance the nitrogen-rich green materials.

step 3:
begin by layering brown materials on the ground, creating a layer about 6 inches deep. then, add a layer of green materials on top of the brown materials, also about 6 inches deep. repeat this layering process until the pile is at least 3 feet high.

step 5:
after a few days, use a shovel to turn the pile. this will help to aerate the compost and ensure that all materials break down evenly. repeat this step every few days or

step 6:
check on the pile regularly to make sure it's staying moist. as the materials break down, the pile will naturally shrink and become more compact.

step 7:
after a few weeks or months, your pile should be ready. the finished compost will be dark brown, crumbly, and have a rich earthy smell. use a shovel to remove the compost from the bottom of the pile.

TEXTILES

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Clothing sustainability is a growing movement that seeks to reduce the environmental impact of the fashion industry. This includes promoting the use of sustainable materials, such as organic cotton and recycled fabrics, as well as reducing waste and pollution throughout the supply chain. Sustainable fashion also emphasizes ethical labor practices and fair wages for workers in the industry. By choosing sustainable clothing options, we can make a positive impact on the environment and support a more equitable fashion industry. It is important to consider the long-term impact of our clothing

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mending methods



step I: baste around the hole with a basic running stitch to prevent further fraying.



step 2: place patch over top and repeat. This is just to secure the patch in place for the last step.



step 3: zigzag, cross, or blanket stitch the edges throughoughly to stop fraying.



blanket stitch

NATURAL DYE COLOR WHEEL



dyeing began when there arose a need to distinguish individuals on the basis of their status, gender, class, and allegiance dyes used for garments were proportionate to the importance and wealth of the wearer, women, their brothers, sisters, seemed more wealthy

foraging



acorns: wash, dry, remove shell, soak for 12 hrs. in cold water, ready to eat or make into flour

black walnuts: remove green outer layer, (wear gloves) let dry for a few days before cracking them open

pine needles: pine needle tea

hickory nut: pecan substitute

mulberry: super popular around richmond

rosehips: unopened rose flowers can make great rose tea, jelly, or syrup.

clover: addition to any cooked veggies
wild onion: more pungent green onion
chickweed: great if cooked with onions. this plant tastes like corn!
nettle: can be used for tea, syrup, and various cultural dishes. medicinal uses for allergies, joint health and inflammation.
dandelion: dandelion salad, dandelion "honey",

jerusalem artichoke: this plant has tall, yellow flowers with five petals. the root is delicious if roasted like potatoes.

classification & weight
natural dyeing techniques will only work for natural fibers, you can conduct a burn test to reveal either synthetic (natural) hard edges means synthetic, soft means natural weighing fabric is important to determine the proper application for fabric to dye.



scouring & mordanting
scouring ensures all fibers are clean free of oils, dirt, and industrial processes. mordanting is the most important process of preparation, ensuring durable and long-lasting colors by discharging it in hot water with the fiber.



Simmer at 190 degrees F, let cool, strain and use as the dye bath, add the fabric, and simmer for 1 hour; remove and rinse the fabric, and



here are the following methods for natural dyeing: hot dyeing method, solar dyeing method, eco printing on paper, eco printing on fabric, bundle dyeing, and tie dye.



"There will be moments when you will bloom fully and then wilt, only to bloom again if we can learn anything from flowers it is that resilience is key."

alex ell

working together

what specific questions are you asking that have emerged from the materials we have reviewed in class thus far? quotes from specific texts are encouraged.

- ★ how can we make sure that all of our voices are heard equally?
- ★ in what ways can we break out of our usual *group work* roles so that we can develop further as designers?
 - “It’s important to hold space for growth for one another. If someone wants to try a new role, support the learning process that comes along with that. It’s helpful when all group members can pick up a task and work on it”
- ★ how can we hold each other accountable for equal distribution of labor?
 - “It can also be difficult to know how much to contribute and in what way. In these situations, if you start to feel anxious about your level of contribution, take it upon yourself to contribute. Don’t wait for someone to ask you to do something”

what research will you need to do and what will that process entail?

- ★ sustainable methods relating to textiles, food & waste
- ★ historical context of these methods (i.e. foraging is black & indigenous)
- ★ reflection on ourselves + others, how we change and move on/through life

how does your project expand the possibilities of what a “resource” and a “book” can be?

- ★ resource in many ways, providing context, tools for physical, emotional and radical work
- ★ playing with nontraditional layout
- ★ trying to use non traditional materials for pages, (ex. seed paper), exploring the possibilities of doing so
- ★ Creating a resource that not only informs, but encourages action

how does your project challenge you to grow as individuals and as a group? how does it push you outside of your comfort zone?

- ★ in order to create a large scale project such as a book, we as a group are pushed to work in ways that break us out of our usual work flows
 - need for solid time management skills and dates
 - constant sharing of ideas, learn to not be afraid of rejections
 - compromising on stylistic choices, working together as designers to create a cohesive product
 - communication, share small details and ideas even if it feels uncomfortable/unnecessary
 - the overall culmination of resources in the book leads us to learning and understanding sustainability topics deeply

how does your project engage others in meaningful and new ways?

- ★ informing them not only about tools, but also the meaning and context behind them
- ★ encouraged on ways to handle change emotionally and mentally
- ★ provide detailed instructions on how readers can involve themselves with sustainability - “what they can do”
- ★ also providing a disclaimer regarding the understanding about not being able to achieve sustainability all the time