

To change the colors of these plants, you need to increase their acidity or alkalinity. To see the color range:

1. Blend or juice the plant to break open the plant cells.
2. Squeeze out as much solid matter as possible by pushing the puree through a strainer, paper towel, or coffee filter.
3. If the juice is dark, add water to dilute it. Distilled water won't produce a color change, but if you have hard water, the increased alkalinity could change the color.
4. To see the acid color, add lemon juice or vinegar to a small amount of the juice. To see the base color, add a small amount of baking soda to the juice.

Helmenstine, Anne Marie, Ph.D. "Edible pH Indicators Color Chart." ThoughtCo, Feb. 11, 2020, thoughtco.com/edible-ph-indicators-color-chart-603655.