

Flour paint

OR SWEDISH PAINT

What is flour paint?

Also known as “Swedish paint,” “ochre paint,” or “wheat paint,” it is a traditional paint that contains flour, water, natural pigments, black soap, linseed oil, and iron sulphate. It naturally protects wood for up to 10 years.



Color chart of possible shades with Ogres de France natural pigments

Kit Ingredients (makes 5 liters of paint, covers 15 m²)



Water (3.2 liters). Adjusts viscosity.



Flour (260 gr). Provides adhesion.



Pigment (1 kg). Tints and smooths paint.



Linseed oil (400 ml). Protects wood.



Iron sulphate (100 gr). Acts as a fungicide.



Black soap (40 ml). Provides texture and a pleasant smell of olive oil.

Equipment



Dedicated fire-safe pot.



Wooden spatula.



Latex gloves for handling iron sulphate.



2 airtight containers to preserve the paint.

Recommendations

This paint is recommended for rough spruce and Scots (Scotch) pine. Tannin-rich woods, such as chestnut, oak, and some hard tropical woods, may show brown stains through the paint.

Directions

- Bring 2.8 liters of water to a boil.
- Mix the flour in 400ml of cold water, then add to the 2.8 liters of boiled water. Stir, then cook over low heat for 15 minutes.
- Add the pigment and iron sulphate. Cook for another 15 minutes, stirring constantly. Depending on the pigment, the mixture may become too thick. If so, add 100 ml of water.
- Add linseed oil, stir and cook for another 15 minutes.
- Add the black soap and mix. Remove from heat.
- Cool your paint and adjust the viscosity (if necessary) by adding water. Your paint must be smooth for good coverage.
- Transfer to an airtight container.

Your paint is ready. One layer provides good coverage, but apply a second layer the following year for better coverage over time.

Storage

This preparation contains no preservatives and will last a maximum of 3 to 4 days in an airtight container in the fridge.

Good to know

- Due to the linseed oil, the final paint color will be a darker shade than the color of the pigment.
- Natural pigments (yellow ochre and red ochre) provide 100 UV protection.
- Not all pigments are compatible with the flour paint recipe. To read our article, scan the QR code at the bottom of the page for more information.
- The linseed oil and flour in the kit are unfit for consumption.
- The smell of this paint is quite strong due to the omega-3 present in linseed oil.

Safety

Iron sulphate should be handled with gloves and stored out of reach of children. We advise you to use a mask as a precaution.

Packaging

Cardboard, PET jars, and glass jar are recyclable.

We'd like to showcase your achievements.

Why not send us a photo of your project? Photos can be emailed to info@colorare.com.

THANK YOU

