How to Create a Paint Out of Fruit and Vegetables

by Danielle Fitzmorris

April 6th to April 10th. VEGETABLE AND FRUIT PAINT
https://bit.ly/2xrI2Rg or 50 Visual Journal Promts if limited on Art

SUPPLIES

• Assortment of Veggie Scraps
• Strawberry, beets, blueberry, raspberry = red
• Carrot, orange peels, yellow onion skins = orange
• 2 cups of water per vegetable scrap
• hardboiled egg to dye instead of painting
• 6 TBSP of Powdered Sugar per color

• Spinach, kale, swiss chard = green
• Blueberry, blackberry, red cabbage = blue / purple
• brush
• support to paint on or fabric to dye.
• saucepan

INSTRUCTIONS

Step 1
How to Make Fruit and Vegetable paint, DYE or Face Paint.

Step 2
MAKING THE DYE In a small saucepan, mix 2 cups of water with 1 cup of each fruit or veg. Bring to a boil over medium heat and leave to simmer for about one hour.

Step 3
Turn off the heat and allow the water to cool to room temperature. Strain the juice into glass containers.

Step 4
MAKE VEGETABLE PAINT Mix one teaspoon of dye with approximately six tablespoons of powdered sugar.
Step 5
or MAKE FACE PAINT
Combine equal parts corn starch and your favorite face lotion. Add about ¼ teaspoon vegetable oil to help smooth out the mixture.

Step 6
Add a spoonful of vegetable dye to the lotion mixture. Repeat with all your dye colors in separate containers until you’ve got a complete set of face paints.

Step 7
If you are in need of an inspiration on what to draw or paint your idea can be around a theme such as School, Wishes & Dreams, Family, Famous Art, Slice of Life Experience, Nature or Culture.

Step 8
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