

Stamping with Vegetables

Materials:

Various vegetables—those that work well are peppers, carrots, a bunch of celery, a small cabbage, potato (can be cut into different shapes, such as leaves, for stamping)

Paints—small squeeze bottles of colorful acrylics

Paper plates—small work well

Small brushes—one inch sponge brushes are good

Paper towels for blotting

Markers (permanent) for details

Muslin bags or plain white aprons—we've used 8"-square tote bags (we found them on line for about \$10/dozen) and aprons often found in packs of one dozen at warehouse or kitchen supply stores. We have also had clients stamp on small muslin squares (8 or 10"); and, using a second muslin square for a back, made each client a pillow with his/her artwork. (With right sides together, sew up sides, leaving a small opening; turn right side out; stuff with batting; stitch opening closed.) Be sure clients' names are on their work! We've tried veggie stamping on paper, but clients tend to use too much paint which then takes forever to dry. Fabric works better for this craft.

Cut the veggies crosswise. Green peppers make lovely flowers, and carrot pieces make nice centers. Cut the bunch of celery several inches from the bottom and use the root end as the stamp. This bunch makes a great rose...as does a small cabbage! Potatoes can be cut crosswise to use as a stamp, or they can be carved into leaf shapes. Stems can be drawn on flowers with a marker, and then leaves can be stamped on the stems. The markers can also be used to add other details to the flowers.

The paper plates are the paint palettes. Squeeze a small amount of one color of paint on each plate. Small plates work well. "Palettes" can be shared. It's best not to put too much paint on the vegetable. Applying the paint with a small foam brush often works better than dipping. Aim for an even coating...and then stamp! Some will be content with the stamped image; others will want to embellish. All results are unique and lovely.

If you are stamping muslin bags, it's best to put several layers of paper towel or newspaper inside the bag before stamping to prevent the ink from going through both layers of fabric. Leave the paper in until the paint is completely dry. This might take a while. We've hung the bags on a drying rack till completely dry...makes a nice display for all to admire.

