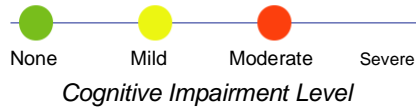


Art Activity

Printmaking with Vegetables



Summary:

Residents employ printmaking technique with vegetables to create art.

Objectives:

- Promote reminiscing
- Bypass verbal communication deficits
- Relaxation/improve mood
- Aid in expressing emotion
- Facilitate decision making/power of choice



Supplies:

- Paper for painting
- Acrylic Paint and/or large ink stamp pads
- Paint brushes (medium to large)
- Vegetables and/or fruit: Celery bunch, cabbage, broccoli, carrots, mushrooms, corn on the cob, apples, peppers
- Plastic plate for palette
- Paper towels or newspaper
- Water for rinsing brushes
- Oil pastels (Craypas student quality are inexpensive)

Room Set Up:

- Position residents in chairs at tables
- Play soothing music

iN2L Music, TV & Film > Jukebox



Facilitating the Activity

Procedure - Session 1

1. Introduce the activity:

Say:

*“Printmaking with veggies is food for a creative appetite! Printing plants of all kinds has historic roots dating back centuries — Ben Franklin printed leaves on colonial currency to deter counterfeiting. Leonardo da Vinci printed a sage leaf in his manuscript Codice Atlantico. In 1557, Italian alchemist Alexius Pedemontanus gave detailed instructions for printing leaves in his *Book of Secrets* suggesting ‘... in this way you may make galand things to adorn your chamber.’ We can transform a plain napkin, placemats, paper or canvas into a bed of roses using celery prints to resemble roses!”*

- Explain that residents can fill their papers with prints of fruits and vegetables and then make a related background with oil pastels.
 - Demonstrate the process of relief printing. Place the paper on a pad of newspaper for crisp, clear prints. Gently dab the fruit or vegetable onto the stamp pad several times, explaining that only the raised areas will pick up the paint. Transfer the color to the paper by pressing the fruit or vegetable firmly onto the paper, holding it for a few seconds and then lifting it off in a straight-up motion to avoid smearing. Emphasize that this process needs to be repeated for each print.
2. Prepare the vegetables:
 - Cut celery bunch 3” from root end.
 - Cut off individual broccoli stems, including florets to form ‘trees’. Slice each ‘tree’ vertically in half.
 - Slice mushrooms and carrots vertically in half. Remove leafy tops from carrots and choose a select few for printing.
 - Blot all cuts with paper towels.
 3. Print:

Instruct residents to hold the vegetables like a stamp and dab acrylic paint on cut surface using a paintbrush. Be careful not to overload the veggie (or use ink pad). Press to paper or fabric, hold for about 5 seconds, and lift straight up and off to reveal print. Dab leafy carrot tops with paint, place paint side down and cover with newsprint paper. Use hand pressure to print.

Procedure - Sessions 2 and 3

1. Preparation:

Set out dried prints from previous session.

Set out the pads of newspaper, oil pastels, and paper towels.

2. How to Begin:

- In this session, the residents will be creating backgrounds for the prints using oil pastels which are a blend of oil and pastel.
- Demonstrate how to use oil pastels. For a smoother and easier application, place the paper on a pad of newspaper. Apply the oil pastels carefully around each print, pressing firmly to bring out the color intensity. Avoid going over the edges of the prints by leaving a little space around each one—the colored paper that shows through will add continuity to the composition.

Caution residents that brushing away any loose bits of oil pastel will smear their pictures. Instead they should blow the bits away gently or shake their paper upside down. Have paper towels available so that the resident can wipe clean the sticks of oil pastel as they work.

- Explain how to create balanced background designs by repeating colors and shapes that allow the prints to stand out.
- Have the residents fill the backgrounds with patterns using oil pastels

Tips

- Some fruits and vegetables have very delicate lines, so it is important to not overfill the stamp pads.
- Make some practice prints before printing on your project to determine the amount of paint and pressure needed.
- Choose firm, well-formed vegetables to last for many printings.
- Slice vegetables evenly to create a flat, easy to print surface.
- Wrap celery near the but end with a rubber band for stability when printing.
- Choose smooth-surfaced, medium-weight papers and fabrics.
- When printing on fabrics, use acrylic paint made for fabric and heat-set per label instructions.
- Print on paper using artists acrylic paint.
- Use a separate, clean brush for each color.
- Clean hands between printings to keep project fingerprint-free.
- Place a plastic trash bag under fabric or paper to protect work surface from seepage.

Processing

Invite residents to display their art for all to see. Discuss similarities and/or differences; notice patterns and interesting designs.

Ask resident if they can identify which vegetable or fruit was used to make the print. Reinforce choice in creative design and compliment all efforts.

Thank residents for participating!

Adaptations/Modifications



Cognitive Impairment: None to Mild

- Discuss how the resident can arrange the prints to create a feeling of balance or stability by repeating shapes and colors.
- May provide larger paper.
- Offer more choice of paint color/more vegetables and fruit.



Cognitive Impairment: Moderate to Severe

- Pre-cut all vegetables.
- Use smaller paper (8.5x11).
- Use only one veggie at a time.
- Do not set art materials in front of residents until they are ready to use.
- Provide only a few color choices (3-4).
- Watch for residents who may attempt to ingest materials.
- Prompt or cue/hand-over or under to facilitate.
- If a resident doesn't respond to the art material, invite them to explore the vegetable's texture, taste, smell. Reminisce over recipes for using the vegetable .
- Provide positive feedback for all efforts .