

Nature Print Pattern



Introduction

Hand-printing from nature is a simple technique for creating detailed images called nature prints. When you apply ink or paint to a natural object and press it onto paper, the artistry of nature's design is revealed. These prints are in a sense a direct impression of life.

Pattern is created by combining shapes through repetition or alternation, and arranging in either an organized or random fashion.

This exercise explores hand print making with food. Many of our favorite fruits and vegetables can print recognizable shapes, like broccoli trees, celery roses and apple stars. An important thing to consider when using various foods for printmaking is moisture content. A juicy piece of citrus will need to be cut in half and dry out a bit before paint will adhere to it, whereas a mushroom can be blotted and painted almost immediately.

Mindful Reflection

Take a moment to reflect on this reading and allow it to bring a sense of peacefulness into your artmaking experience.

Peace Is This Moment Without Judgment

Do you think peace requires an end to war? Or tigers eating only vegetables? Does peace require an absence from your boss, your spouse, yourself?... Do you think peace will come some other place than here? Some other time than Now? In some other heart than yours?

Peace is this moment without judgment. That is all. This moment in the Heart-space where everything that is is welcome. Peace is this moment without thinking that it should be some other way, that you should feel some other thing, that your life should unfold according to your plans.

Peace is this moment without judgment, this moment in the Heart-space where everything that is is welcome.

By Dorothy Hunt

Materials

craft paper, cardboard or a table cover to protect worksurface

several pieces of copy paper

piece of fruit or vegetable of your choice

small tubes of acrylic paints, 2-3 colors of your choice

brayer, paint brush or foam brush for application

illustrator pen



Directions

1. Start by choosing a piece of fruit or vegetable that you think might make an interesting print. Cut the fruit or vegetable, and note the moisture content. It may need to be blotted or dry out a bit before paint will adhere to it.
2. To practice printing your item, apply a small amount of acrylic paint to the cut surface and stamp the color side down on a piece of your copy paper. Think about how you might incorporate these images into a pattern and experiment to see how much variety you can introduce while still maintaining an organized structure. You might start by printing in regularly spaced intervals and in straight rows. Then try changing up the color or introducing a new element.



3. Once you have a good feeling about your design, prepare your colors and start printing on a clean sheet of paper. Fill the entire sheet with your nature pattern.
4. Allow paint to dry completely and use illustrator pen to bring out details in the print.

