The Big Idea
Learn to be resourceful and innovative by using common kitchen ingredients and objects to make colorful creations from unexpected sources. Mix pigments and painting with spices, teas, coffees, and other cooking ingredients.

You’ll Need
- 3-4 sheets of white paper (can be recycled, lined, or plain printer paper or art paper)
- 2-4 cups or Tupperware
- Fork and Spoon
- Water
- Possible pigments; coffee, teabags, beets, berries, turmeric, cayenne, curry, salt
- Pen or pencil
- Step-By-Step video tutorial: www.think360arts.org
- Alternative materials: paintbrush, cardboard or sheet of colored paper, scissors, tape or glue, string/yarn.

The Plan

Step 1 - Find possible pigments and mix SMALL amounts for testing:
- Turmeric, curry powder, cayenne, chili powder, and hot sauce will all create yellows, oranges, and reds.
- Strong dark coffee and strong tea will make shades of green and browns
- Beets and berries will make pinks
- Fruit juices can make light pink, purple, orange, yellow

Step 2 - To make your pigments, mix ½ spoon of spice powder with 2 spoons of water in cups and stir, start small to minimize waste!
The Plan cont.

Step 3 - Create a test strip of colors and tool techniques using fork and spoon and label each pigment and tool section.

Step 4 - Work on mark-making in creating an abstract image
- Using forks and spoons, play with designing an image of patterns, shapes, and varying shades of colors. This image may not represent anything specific-- it can focus more on movement and variations of color, line, and vibrancy.
- Try sprinkling dry spice, coffee grounds, or salt onto the wet painting for varying effects.
- Paint a few different paintings and let them dry.

Step 5 - Finishing touches! (wait until its dry!)
- If you have access to another sheet of construction paper or cardboard (the front or back of a notebook works great!), tape or glue the paper onto it to frame the work.
- Try cutting up your least favorite painting and reconfiguring it in new ways.
- Try using pen or sharpie to continue drawing designs on the dry painting.
- Turn smaller cut rectangles into cards to give to others.

Teaching Artist Tip
- The more water, the less color there will be, the more concentrated the pigment (more spice, less water), the more vivid the color.
- The test strip will serve as a reference to what works and what does not. In the end, try cutting up the test strip and using it in a collage or note cards.
- Feeling confident? For a challenge, go outside and try to paint something that you see!

Going Further
- Think about foods that stain, how do you think they would react with this process?
- What else in your household could you safely use as pigment to paint with?
- Do you think any of your pigments are used in paint or clothing dye?