



MAKE & LEARN

Sustainable Craft
Education

Craft Lesson 2 / Spinach Sun Prints



1.



Blend or crush the spinach into a mushy paste.

2.



Scoop the spinach into a sock or tea towel and squeeze the liquid into a bowl.

3.



Paint the spinach juice onto some paper.

4.



Arrange your found leaves and objects on the paper.

5.



Carefully secure your arrangement in a photo frame and place it in the sun or by a window.

6.



To finish, remove the leaves when the colour has faded—it may take a couple of days to change depending on the weather. Be careful not to place your finished prints in direct sunlight as it will continue to fade.

MATERIALS

spinach (learn how to grow some here!)
pestle and mortar or blender
paper (watercolour paper works best)
bowl
paintbrush
old sock or tea towel
photoframe
plants or found objects