Vegetable Prints

Texture, shape, and feeling have inspired artists for thousands of years. Artist Maurice Richard Grosser was inspired by the texture of this cabbage to create a painting. Grosser uses a hyper-realistic style to capture every bump, curl, and imperfection in this plant.

Although many artists rely on their sense of sight, there are many other ways to create art. Today we will create plant prints, a type of art that looks at texture and feeling using fresh fruits and vegetables. After applying paint onto fruit, you can’t eat it, but there are food paints and dyes available. Using yogurt or ranch-based dips with colorings also turns this activity into a fun snack time activity.

Please consider all possible allergens and food sensitivities before touching or eating foods or dyes. Have an adult help you with cutting any vegetables or handling sharp objects.

For this project you will need:

- Fruits or vegetables
- Paint or food coloring
- Paintbrush or roller
- Paper
- Knife and cutting board
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Follow These Steps to Create Your Vegetable Print

**Step 1:** Choose your fruits and vegetables. Have an adult cut them into slices. Notice the internal shapes and textures of your fruits and vegetables. Are they what you expected, or different?

**Step 2:** Coat the slices with paint or food coloring using a paintbrush or roller. Stamp the painted vegetable down onto paper.

**Step 3:** Lift it to see the stamp. Repeat with different fruits and vegetables or different slices to compare and contrast the stamps.

Share your creations with us on social media by tagging us at @AtownArtMuseum and #AAMatHome!