



WINGS, WORMS AND WONDER

WONDER WEDNESDAY #45: BEET PAINTING

MATERIALS:

- A few sheets of watercolor paper,
- beet root vegetables and a paring knife,
- instant coffee, water, cups, & 2 spoons
- paint brushes, fresh water, and a paper towel
- watercolor paint if you like
- Watch the video tutorial - <https://vimeo.com/167192257>

PREPARATION:

- To create the pansy, cut the beets in half and then into 3 semi circles, 1 narrow semi circle, 1 egg shape flat at the top, and 1 small oval flat at the bottom. You will be stamping with these, so they should be flat on the side of the shape like a stamp.
- Add 2 tbs of instant coffee to ¼ cup of water, stir well to dissolve
- Add 4-6 tbs of instant coffee to ¼ cup of instant coffee, stir well to dissolve
 - Test the intensity of the brown color and add more coffee or water to meet your liking

PRINTING PANSIES WITH BEETS PROCEDURE:

- Using the egg shape, make a print of this shape.
- Now using your semi circles, stamp one on each side of the egg shapes.

* ©2016 KELLY JOHNSON * WINGS, WORMS, AND WONDER *
WINGSWORMSANDWONDER.COM

- Stamp a semi circle at the top of the egg shape.
- Then at the top of this egg shape, stamp the small oval - on top of the semi circle.
- Stamp the narrow semi circle slightly above and to the side of the top semi circle, as if this petal is mostly behind and only the top is showing.
- Make 3 or more pansies on your page.
- If the beets aren't printing as darkly as you would like, slice a thin layer off the stamping area to bring up more juice.

COFFEE PAINTING PROCEDURE:

- While the beet prints dry, use the darker coffee color to paint in a stem and leaves.
- Then use the lighter coffee color to paint in textures of the soil and the clouds.
- Once the beet prints are dry, add outlines, detail lines on the petals and any other details you like to the pansies.
- Add any other details with the coffee, painting with beet juice right off the beet or cutting board, or add watercolor paint.
- Have fun experimenting with the tones you can get with monochromatic coffee painting!

EXTENSIONS:

- Try painting with the juice of other veggies like juicing kale or carrots and painting with them or boiling cabbage and painting with the subtle blues.
- Make an abstract design with beet stamping and then paint nature inspired line designs with coffee and or beet juice overtop.

BASIC SHAPES TO CUT PANSY PETALS FROM BEETS:

