

## Craft: Fruit & Veggie Printing

### Fruit & Vegetable Printing

Cut a grapefruit, carrot or an orange, in half. The exposed surface has a pretty design. Every fruit cut in half reveals a different pattern. You can use cut fruit and vegetables to make prints for gift wrap, place mats, posters, cards, T-shirts, etc.

#### Materials needed:

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|--|--|
| <input type="checkbox"/> cardboard   | <input type="checkbox"/> nontoxic fabric paint (if printing on fabric, otherwise poster paint will work) |
| <input type="checkbox"/> plastic bag                                       | <input type="checkbox"/> knife   |
| <input type="checkbox"/> pre-washed white or light-coloured cotton T-shirt | <input type="checkbox"/> a variety of fruits and vegetables  |
| <input type="checkbox"/> masking tape                                      | <input type="checkbox"/> paper towels and newspaper  |
| <input type="checkbox"/> pie plates  |  |

EXPLORE

#### Fruit & Vegetable Prints

1. Slice the fruits and vegetables in half and place cut-side down on paper towels. Just about any fresh produce will do, although juicy ones, like oranges or even onions, should be allowed to dry for 15 minutes or so.
2. Meanwhile, wrap the plastic bag around the cardboard and slip it inside the shirt, stretch the shirt tightly around it and tape the sleeves and sides to the back.
3. Set out pie plates and pour a different color of paint into each. Spread the paint evenly over the bottom of the plate with a paintbrush. Cut open the fruits and veggies (A); anything that's not too juicy will work. Onions make good circles; apples cut lengthwise look like butterflies; broccoli and mushrooms resemble trees; a cantaloupe wedge or pea pod makes a lovely smile.
4. Use a paper towel to blot the produce, then have members press the stamps into the paint (B). Do a test run on newspaper, showing kids how to press firmly without squeezing out any juice (C) - or try brushing the paint onto the vegetables. When ready, move on to the shirts. Try patterns, landscapes, silly faces or abstract designs.
5. Once the paint dries, remove the cardboard. Then follow the paint manufacturer's directions for setting the paint.

