

Honouring Nature through ART

Workshop by Elna
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This workshop aims to teach you how to create a beautiful artwork through natural resources that normally we would use as food.

Connecting with these natural materials and their pigments, the practice will show you how to flow with the freedom of improvisation, allowing yourself to express in the moment what colours and smells you are inspired by.

With this artwork my aim is to encourage you to set an intention with your relationship with Mother Earth, creating beauty through her materials and feeling her presence during the process of creation. The goal of this practice is to allow us to connect deeply into our own wild creative power and experiment through art a type of expression that can connect us all directly to our **Green Mother**.

What we need?

- Spices or vegetables
- Water
- Bowls for mixing
- Spoon
- Brushes
- Thick paper or canvas
- Mortar

Spices suggested

- Red: Red pepper, Beetroot
- Pink: Strawberry
- Blue: Blueberries, Blackberries
- Yellow/ Orange: Tumeric, Saffron, Curry powder, Ginger
- Brown: Cinammon, Coffe, Cloves
- Green: Spirulina, Spinach



Preparing the paint

1. The first step is to choose the right spices. Choose some spices that have a strong pigment color and some aromatic smell. This way we can create not just beautiful colours but also a nice aroma.

(Turmeric, Beetroot & Spirulina)



Making the Mix

2. Pour a bit of warm water in each bowl with a small spoon of the spice that we want to use and we mix it. For fruits or veggies we will grind it extracting the juice. Repeat the same process with each color.



Testing the colours

3. Taste the colours on an extra paper.
The more spice you add, the deeper the colour is.

4. Have some thick paper and brushes ready to paint and
Go!



Finish & protect

5. Once the artwork is finished, we leave it to dry.

6. To protect the paint, spray the artwork with a varnish spray (you can use hair spray too).

Enjoy the
organic process
of creation

