

Tip #100



“Focus on Food”

We all have to eat ... and depending on our tastes, our nationality, our locale, and our adventurous nature, we may see a wide range of foodstuffs, from golden-brown “artisan bread” to gorgeous salads, from an elaborate main dish to a humble sandwich.

Food is more than mere nourishment – it’s celebration, comfort, adventure, memory, delight (ok, sometimes a bit TOO much delight, for some of us!) What better way to pay it the respect it deserves, to celebrate it, than to take the time to sketch or paint it? (Think of the wonderful paintings of food in our museums ... The Old Masters knew how appealing this subject is!)

Do a montage, or focus on the perfect, spectacular blood orange—it’s up to you!

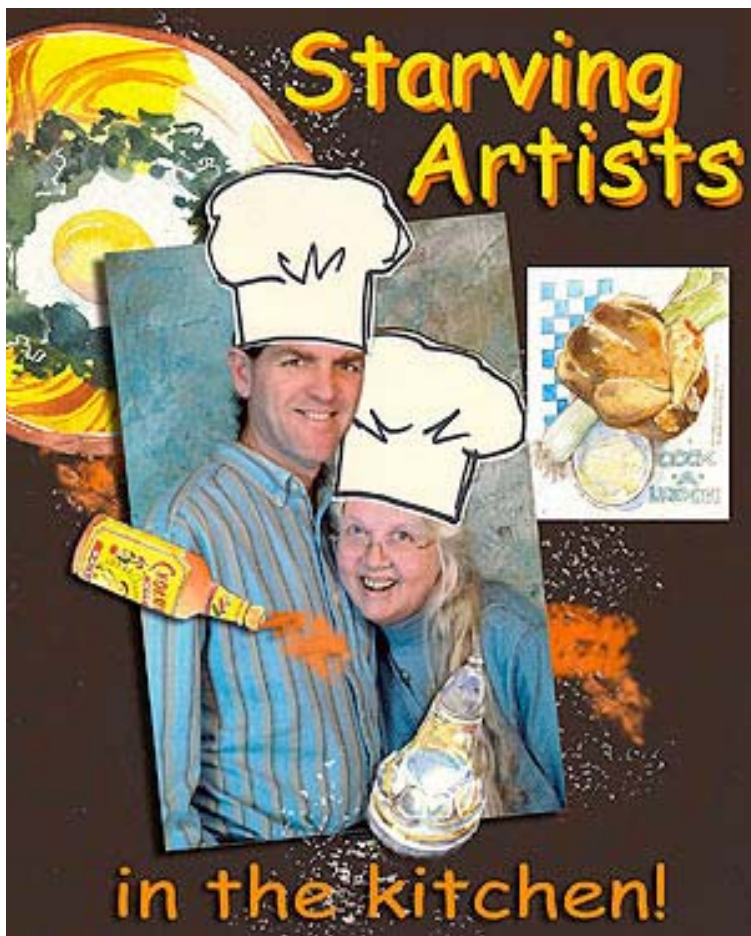
Art 100-1, Sketch fast, or your food will get cold!

When we’re out for dinner, I often do a VERY quick sketch so we can enjoy our meal while it’s hot. I just sketched the shapes of this delightful Ethiopian meal from the Blue Nile, in Kansas City’s City Market, with ink, then filled in the color later, at home. You can train your color memory, or make notes. (In this case, it was SO colorful, it just stuck in my mind!)



Art 100-2, Illustrate your own recipes.

My husband Joseph and I collaborate on a series called “Starving Artists in the Kitchen” on my blog, the [Quicksilver Workaholic](#) – recipes, art, tips on nutrition and buying, and more – and I try to do a more controlled illustration for that. Someday, it’ll be a cookbook, if we keep at it! I’ve done everything from ratatouille to roast chicken, and it’s always a treat – to paint them AND to eat them! (Ink and watercolor work well here ... the ink provides a more controlled framework, and you can keep the washes fresh and loose.)



If you like, visit my blog and click on the “Starving Artists” tag – you’ll see all the recipes we’ve done so far. There are LOTS more in the wings...

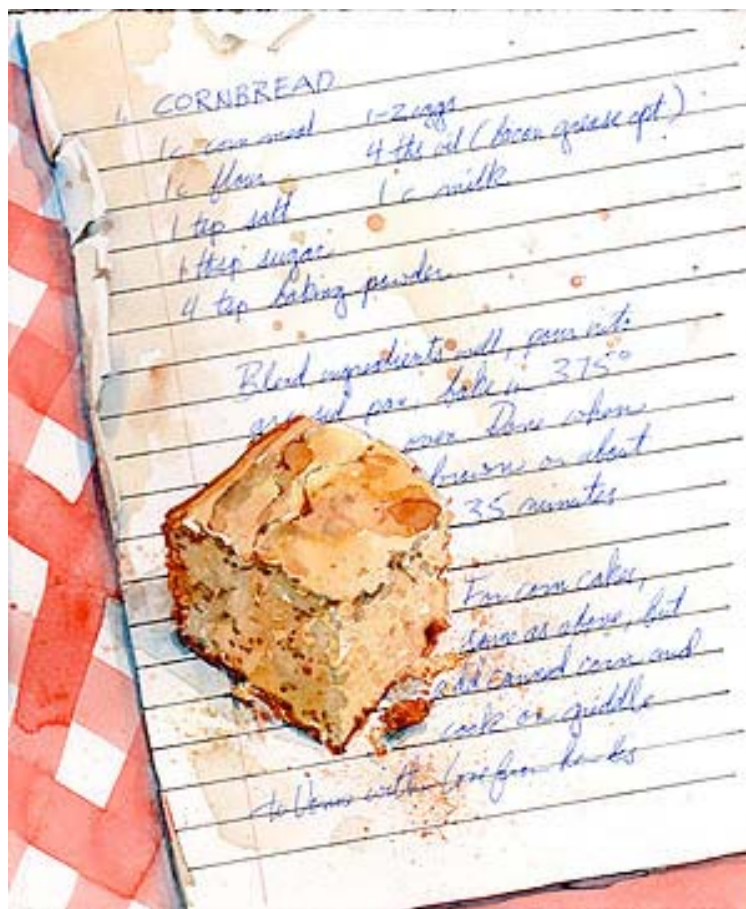
You could illustrate your own recipes in your journal for fun, do a family cookbook, or even illustrate one to sell – there’s something really engaging about paintings of food.

Art 100-3, Give the gift of art

I'd told my sis I still had our grandmother's cornbread recipe, in the hand-lettered book I put together in my teens ... she wanted the recipe, so for Christmas I decided to do her a painting that included both the recipe and the cornbread itself! (Do you know how hard it is to write with the same style you used as a kid?!)

For a more controlled piece like this, choose a subject that can GET cold, and take your time! I had fun with it ... and she was thrilled.

Commemorate a special meal, a romantic dinner, an exotic drink or travel destination – food paintings are fun and they speak to all of us!



Please drop by my artists blog, <http://katequicksilvr.livejournal.com/>, my fine arts gallery blog, located at <http://cathyjohnsonart.blogspot.com/>, where I often offer mini-demos, my CafePress store, located at http://www.cafepress.com/cathy_johnson, where you can find instructional CDs for artists, or drop by for a visit on Facebook, <http://www.facebook.com/cathy.johnson1!>

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