

# **Stamp, Dye, and Paint with Natural Pigments**

**with Lianna Zaragoza**

Learn to use plant based pigments to create prints on paper using potatoes and turmeric, dye textiles using soy milk and tea, and create a zine using handmade paint. Through each process students will gain insight into the properties of plants which people have adapted for art-making throughout history - from pigments and paint binders to textiles and tools. We will experiment with creating patterns using positive and negative space and conceptually engage with materials in each project.

This class is perfect for someone looking to learn alternative art-making processes and experiment with natural and locally sourced materials.

Lianna Zaragoza earned an MFA in Studio Arts from the George Washington University's Corcoran School of the Arts and Design and a BFA in Painting from the University of Florida. In her work, natural pigments ground from soil, rocks, and charcoal are transfigured into ephemeral, site-responsive artworks, paintings, and installations. Since receiving her MFA, her work has been exhibited across the DMV region and recently was accepted to the Post-Graduate Residency Program at the Torpedo Factory Art Center in Alexandria, VA.

Dates: Wednesday's September 6, 2023 - December 13, 2023

Times: 4 pm - 5:30 pm

Level: Beginner - Intermediate

Ages: 14-17

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See Lianna's work at:

<https://lianna-zaragoza.squarespace.com/>

Instagram: [lianna\\_paints](https://www.instagram.com/lianna_paints)

## **Overview of Projects**

### **Process Journal / Sketchbook**

- Take notes on methods, materials, and recipes
- Record material tests and create sketches

### **Project 1: Potato Stamping with Turmeric**

- Create three prints (11 x 14 inch or larger) with different compositions using at least two or more stamped shapes within each print. Shapes will relate to an element found in nature.

### **Project 2: Dyeing Wearable Textiles with Black Tea**

- Choose three or more wearable textiles (t-shirt, bandana, tote bag, etc.) to dye using soy milk and black tea.

### **Project 3: Make a Zine with Earth Pigment Paint**

- Create an 8 page zine with a front and back cover using handmade paint. The zine will relate to the theme “growth.”

## **Weekly Schedule**

### **Week 1: September 6, 2023 - Course Introduction and Introduce Project 1**

- Brief history of plants and pigments in art
- Introduce Project 1: Potato Stamping with Turmeric
  - Prompt: Pick an element from nature to depict (could be geologic, oceanic, botanical, animal, weather, etc.)
  - Develop at least 6 shapes for carving
  - Include at least 2 shapes to form the patterns of each of the 3 final prints. - Three final prints at least 11 x 14 inches
  - Can modify turmeric color or add other pigments like paprika
- Introduce the practice of keeping a process journal
- Demonstrate mixing turmeric to form a paint
- Students explore mark-making with turmeric paint in process journals
- **Bring: turmeric, process journal, sponge/paint brush, containers, spoon for mixing, writing/drawing materials, (gloves optional)**

### **Week 2: September 13, 2023 - Project 1**

- Demonstrate potato stamp carving process
- Select what element to use as a prompt
- Sketch shapes that relate to that element
- Experiment with carving potatoes and stamping process in process journal
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- **Bring: turmeric, several potatoes, process journal, sponge/paint brush, carving tools, containers, spoon for mixing, writing/drawing materials, (gloves optional)**

### **Week 3: September 20, 2023 - Project 1**

- Develop shapes and patterns by drawing in process journal
- Carve potatoes and mix paint for stamping
- Create first full size prints
- Check in with students to discuss progress
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- **Bring: several 22 x 30 inch sheets of watercolor or printmaking paper, turmeric, several potatoes, process journal, sponge/paint brush, carving tools, containers, spoon for mixing, writing/drawing materials, (gloves optional)**

### **Week 4: September 27, 2023 - Project 1 + Present Project 1**

- Carve potatoes and mix paint for stamping
- Create final three 11 x 14 inch prints
- Present final prints for Project 1 and share thoughts of the stamping process
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- **Bring: good stamped prints from last class, several 22 x 30 inch sheets of watercolor or printmaking paper, turmeric, several potatoes, process journal, sponge/paint brush, carving tools, containers, spoon for mixing, writing/drawing materials, (gloves optional)**

### **Week 5: October 4, 2023 - Introduce Project 2**

- Brief history of natural dyes and textiles as wearable art
- Introduce Project 2
  - Experiment dyeing wearable textiles (t-shirt, bandana, tote bag, etc.)
  - Present 3 wearable textiles dyed from teas with custom designs
- Students sketch/plan some designs

- **Bring: process journals, test wearable textile to reference while sketching designs, writing/drawing materials**

### **Week 6: October 11, 2023 - Project 2**

- Students refine sketches for textile designs
- Paint soy milk designs onto test wearables
  - Soy milk needs a week to cure before beginning the dyeing process so we will dye textiles during the next class
- **Bring: soy milk, paint brushes, test wearables, container, writing/drawing materials (gloves optional)**

### **Week 7: October 18, 2023 - Project 2**

- Brew tea and dye test textiles
- Check in with students to discuss progress on textile design and execution - Prepare second batch of wearables with soy to dye next class
- **Bring: soy milk, paint brushes, black tea(s), prepared wearable textiles to dye, unpainted wearable textiles, container (for milk), large cooking pot for brewing tea, large cooking spoon, writing/drawing materials (gloves optional)**

### **Week 8: October 25, 2023 - Project 2**

- Brew tea and dye second batch of textile items
- Check in with students to discuss progress on textile design and execution - Paint third batch of wearables with soy
- **Bring: soy milk, paint brushes, black tea(s), prepared wearable textiles to dye, unpainted wearable textiles, container (for milk), large cooking pot for brewing tea, large cooking spoon, writing/drawing materials (gloves optional)**

### **Week 9: November 1, 2023 - Finalize Project 2 + Introduce Project 3**

- Brew tea and final day dyeing of wearable textiles
- Brief history of zines
- Introduce Project 3
  - Prompt: growth (could be social, personal, environmental, botanical, etc.) -

Zines will incorporate paint using natural pigments (can be mixed media) - Brainstorm and develop how to translate the concept of “growth” into a meaningful visual message

- **Bring: black tea(s), prepared wearable textiles for dyeing, large cooking pot, large cooking spoon, process journal, writing/drawing materials**

#### **Week 10: November 8, 2023 - Present Project 2 + Project 3**

- Present final wearables and discuss the dyeing process. Share thoughts on the process and what was created
- Demonstrate how to fold/cut a zine
- Develop how to translate the concept of “growth” into a meaningful visual message - Sketch visual elements and develop written content for the zine
- Thoughtfully design pages including the front and back covers
- Meet with students to discuss their ideas and vision for the zine

- **Bring: final wearables, process journals, writing/drawing materials**

#### **Week 11: November 15, 2023 - Project 3**

- Paint making demonstration
  - Natural pigment from charcoal will be provided
- Refine zine designs and written content - a rough draft
- Thoughtfully design pages including the front and back covers
- Check in with students to discuss progress

- **Bring: process journals, matte medium, paper plates/palette, palette knife, container for water, writing/drawing materials, paper to practice making zine, scissors**

**Week 12: November 22 – Thanksgiving Vacation - work on zine as desired**

#### **Week 13: November 29, 2023 - Project 3**

- Begin final zine
- Check in on student progress

- **Bring: process journals, necessary materials for zine-making**

#### **Week 14: December 6, 2023 - Project 3**

- Final day to work work on the zine
- Check in on student progress
- **Bring: process journals, necessary materials for zine-making**

### **Week 15: December 13, 2023 - Project 3**

- Present zines and discuss the concepts expressed and materials used. Students share thoughts and feedback.
- Final discussion and feedback from students regarding the processes we covered throughout the course of this class.
- **Bring: completed zine, process journals**

### **Materials**

Some of the materials listed below you may already have on hand in your kitchen or among your art supplies at home. The materials used in Project 1 and Project 2 are food safe and non-toxic so using pots, spoons, and containers from home is perfectly safe. Turmeric is a highly staining pigment so you may want to use gloves and/or wear an apron or clothes that can get dirty.

- **Mixed Media Sketchbook 8x10 or larger**
  - Recommend: Canson XL Mixed Media Pad or other mixed media book. Choose a one that can lay flat and handle mixed media or wet media
- **Two 22 x 30 inch sheets of watercolor or printmaking paper**
- **Turmeric powder** (can be found at grocery stores with the spices/seasonings) - **Potatoes** (yukon potatoes work great. We'll cut potatoes in half to carve so you'll need **8 or more overall** to accommodate for experimentation. We will use them over several weeks and need them to remain firm so buy fresh ones as needed or if buy in a bag store them in a cool dark place. We'll need to freshly carve them for each class) - **Carving tools** (like linocut or wood carving are best) or **Olfa/Exacto knife** - **Mixed media paint brushes** (inexpensive multipack is fine, we'll use them for all 3 proj) - **2 to 3 small containers** (cleaned glass or plastic jars, ie. jelly jars)
- **Sponge** (to apply turmeric to potatoes)
- **Small spoon** or similar (for mixing turmeric paint)
- **Large heat-resistant kitchen spoon** (for stirring hot tea dye pot)
- **Large cooking pot** (to soak fabric in dye bath)
- **Soy milk** (organic/least additives possible, unrefrigerated is fine)
- **Box of teabags** (recommend: STRONG black tea, rooibos, assam, ceylon. The more tea

we use in each batch the stronger the dye color will be)

- **4 wearable fabric textiles, 100% cotton pre-washed** (will need at least 1 for dye tests) -

For example: bandanas, t-shirts, tote bags, etc.

- **Palette knife** (to mix paint)
- **Acrylic matte medium** (small 8 fluid oz is fine)
- **Paper or plastic palette OR paper plate** is fine for mixing paint
- **Drawing materials** (of your own preference for sketching and writing) -  
**Scissors**

Optional:

- **Gloves**
- **Apron**
- **Mixed media materials for the zine - for example colorful or unique paper to collage, stickers, etc.**