

# Stamp it up!

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In November, I asked you "How can you use vegetables to make gift wrap?" The answer is, by using vegetables (and fruits) as stamps! You probably have everything you need to do this project already.

## **Here are the supplies you'll need:**

- **Assorted vegetables and fruits cut into halves**
- **Poster or craft paints in any colors**
- **Large sheets of newspaper or craft paper**
- **A smock or old shirt for painting in**
- **Some paper plates**

Start your project by finding a large surface to work on; the kitchen table will be fine. Use some of your newspapers to cover the table to keep it clean, but save some to make your gift wrap with. Put a spoonful or squirt of each paint color onto a paper plate and use your hands to smooth out the piece of paper you'll be painting. Collect all the veggies and fruits that you or your grown-up have cut in halves; lemons, peppers, oranges, celery, apples, and mushrooms all look neat when you cut them open. Pick one up and carefully dip it with the cut side down into some paint. Press down so the paint covers the whole cut area and then blot it off on the edge of the plate. It doesn't take much paint to make a nice print! Pick a spot on your paper and press down on your stamp. Pull it away straight up and look what you've made!

This is where you get to be really creative. Experiment with the amount of paint you use and with blending colors. After you've used your stamp a few times, cut it across the other way and see what shapes you get. You can use one stamp over and over in different colors, or all your different stamps in one color; anything you do will look great! Spread out your new gift-wrap somewhere to dry, it should be ready to use in a day.

Once you've practiced this technique, think of other ways to use it. You could make pictures for all your friends, or use fabric paint and decorate your backpack or a T-shirt. And don't throw away all those vegetables; you can make soup from all the scraps that don't get paint on them! Use your own recipe or read the book, **Growing Vegetable Soup** by Lois Ehlert.

In January, it will be time for a kitchen science experiment with, (you guessed it!) vegetables again!