

How to Make an Anthotype

Materials: 5-8 spinach leaves, water, paint brush/foam brush/paper towel, cardstock weight paper that can absorb juice, piece of cardboard to support your sun print, piece of plastic such as: plexi glass, clear plastic food storage bag, plastic wrap, or plastic sheet protector, and clips such as clothes pins, sunshine

Step 1: Grind up a 5-8 spinach with a little bit of water to make a spinach juice. You can use a blender, juicer, mortar and pestle to turn the spinach leaves into juice - please ask a parent or guardian for help with this step.



Step 2: Paint the spinach juice on a heavy duty paper such as white cardstock. Do this out of direct sun - the sun will break down the green pigment. The left side of the photo is the inside of a greeting card (non-shiny side) the right side of the photo is a piece of water color paper. We recommend painting 3-4 coats of the spinach juice - this will give you a darker green. Let the paper dry in between coats.



Step 3: Once your spinach coated paper is dry, place the paper on top of a piece of cardboard or something sturdy - lay flat objects on top such as a leaf or flower. Place plastic over the top to keep your objects and spinach painted paper in place - we used a plastic sheet protector. Place the plastic on top of the cardboard and project, use clips such as clothes pins to keep the project together, like a frame and place on a flat surface out in the sun for 3-4 hours.



Step 4: After 3-4 hours, take the plastic off your spinach paper. You will notice that the area(s) where your object was is dark green and the rest of the paper that was exposed to the sun is a very light green/paper color. The sun has broken down the pigment in the spinach. To keep the rest of your art from fading too quickly - display it in a space where there is not a lot of sun.

