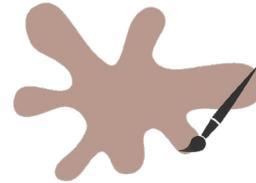




## CROME OFF THE WALL: HOW TO CREATE EDIBLE COLOURS!



John Crome painted a lot of landscapes in the 18th and 19th century – and he would be able to tell you that painting was much more dangerous than it seems! Artists like Crome mixed their own paints. Many paints were made up of horribly poisonous pigments. White paint might be made from toxic lead, a rich red like vermilion might contain mercury, and schloss green had traces of arsenic! Even less dangerous paints could be produced by crushing up insects and their eggs.

**Have a go at creating a colourful landscape painting using colours that are so safe, you can even eat them!**

### YOU WILL NEED

A safe place to get messy

A grown up to help

Permission to raid the cupboards or garden!

**Tools** | Listed on the following page

**A blank canvas** | This could be paper, card or even fabric

*Recommended: rubber or latex gloves*



### INGREDIENTS TO TRY

**Beetroot** | Either fresh, cooked or powdered

**Spinach leaves** | Frozen or fresh

**Turmeric or paprika** | They smell beautiful, but might make you sneeze!

**Berries** | Try stewed blueberries or fresh raspberries

**Dandelions** | Some garden weeds are actually safe to eat if you give them a wash! Always do your research with a grown up though – triple check any plants you want to use, and if in doubt, throw it out.

*There might be other things at home you want to experiment with! Have a look in your cupboards and explore what might make a wonderful colour...*



## TOOLS TO USE

Stain-proof bowls

**Spoons** | Get ready to stir things up!

**A blunt knife or a rolling pin** | Use these to crush or grind your ingredients, or use a pestle and mortar if you have one.

**Paintbrushes** | Remember to rinse between colours

**Fingers!** | Scrunch the spinach leaves or rub the beetroot straight onto your canvas, press on a dandelion flower or apply your new colours without a paintbrush!

*There is no right or wrong way to create your own colours - experiment like 19th century artist, and see what you might make!*



## YOU CAN USE YOUR COLOURS TO CREATE...

...a landscape that you've seen before, like the bank of a river.

...a landscape you'd like to visit, like the seaside.

...an imaginary landscape to really show off your new colours! What about blue hills and an orange sky?



## THINGS TO MIX WITH

**Water** | Dilute your colours to make a colour wash

**A splash of oil** | Test as you go, to see if the colour will still dry!

**Cornstarch** | Make sure to stir out those lumps!

**Vinegar or bicarbonate of soda** | Does your colour change?

**Another colour source** | What happens if you stir some turmeric into stewed blueberries?

**If you want to show off your colourful creation with us, take a photo of it and share it with us on social media.**

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**#Crome200 #CromeOffTheWall**



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