

Photo-Recipes: Spinach Anthotype

This is based on the same principles as the previous [Turmeric Anthotype](#) recipe but can be done without alcohol or development – so completely possible with common household ingredients.

Approx prep time: 15 minutes to mix and coat paper & 1-2 hours to dry

Approx exposure time: 2-3 hours to several days (very dependent on sun / light source)

Materials required:

A handful of fresh spinach

Vinegar (optional)

Blender / hand wand / mortar and pestle

Cheese cloth – or old t-shirt material (an old sock is ideal)

Paper for coating – watercolour paper is best

Foam brush / kitchen sponge to coat the paper

Container for emulsion (old yogurt pot ideal)

Rubber gloves, apron / old clothes and scissors

Newspaper or cardboard to protect surfaces from staining

Clip frame / old photo frame and sunlight (or UV light source).

Material to create your picture:

As with all Anthotypes this is a contact process and suits fresh and pressed flowers, organic matter or digital negatives.

How to make your emulsion:

- Put your spinach into the blender until you have a good mulch. You can add a few drops of table vinegar, which can help enhance the colour.
- The blended mulch will be quite a solid mulch, which you spoon into your fabric so that you can squeeze the juice out into your container.

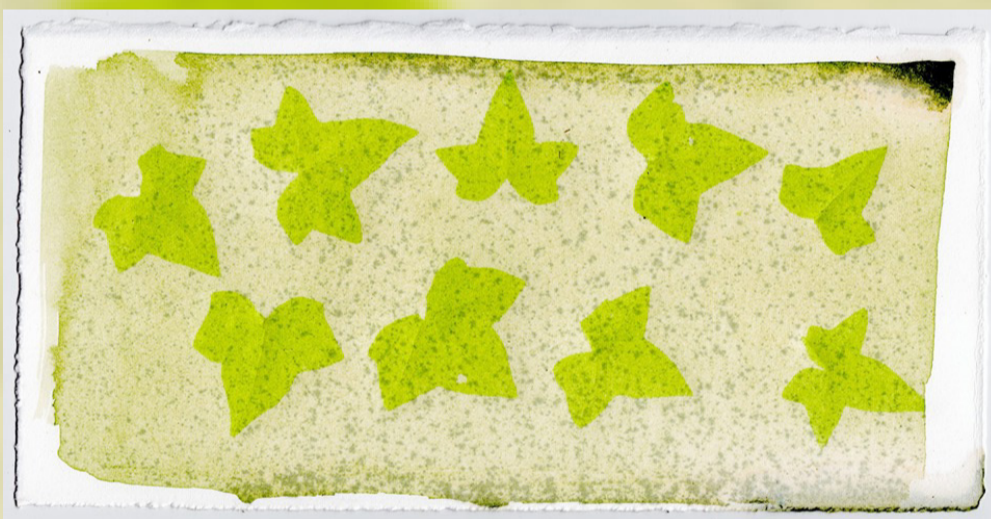
Coating your Paper

- In subdued light prepare your surface with cardboard to prevent staining.
- Lay down your paper and coat with your bright green liquid. This can be done with a classic paint brush, a foam brush or a clean kitchen sponge.

- You can coat in even strokes, ensuring full coverage – or experiment with streaks and splashes to add texture to your emulsion. If you want to avoid any brush strokes, try slightly dampening your paper on the reverse side and pin the corners to your coating cardboard base. You can even try to float the paper on the emulsion if you have a suitable container (a pyrex lasagne dish) and enough emulsion.
- **Leave to dry in the dark** – an old shoe box can work well for this.
- If you want to increase colour (and have the patience) you can apply a second coat.

Exposing your Anthotype

- Once dry, lay your objects on top & secure in your clip frame - this is not essential if you want to experiment with more 3-D objects.
- Expose in sunlight, or with a UV bulb. This is not a fast process; **exposure can be anywhere from a few hours to a few days!** These examples were left in the sun for 3 hours.



- Once you are happy with the result simply remove from the frame – there is no washing or developing, so it really is a POP (**printing-out-paper**) process.
- **Your picture is still sensitive to light**, you can scan the image to create a lasting digital copy, but this is a temporal process and will fade over time.

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