

# Photographing Fruits & Vegetable

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Our starter course for food photography

# Before we begin

Before we dive into food photography, I want you to focus on just photographing ONE fruit or vegetable. It's nice to start small, before we move onto a larger still life.

Food is something that has been drawn, painted, sculpted and photographed from the beginning of time. It's an important part of our life.

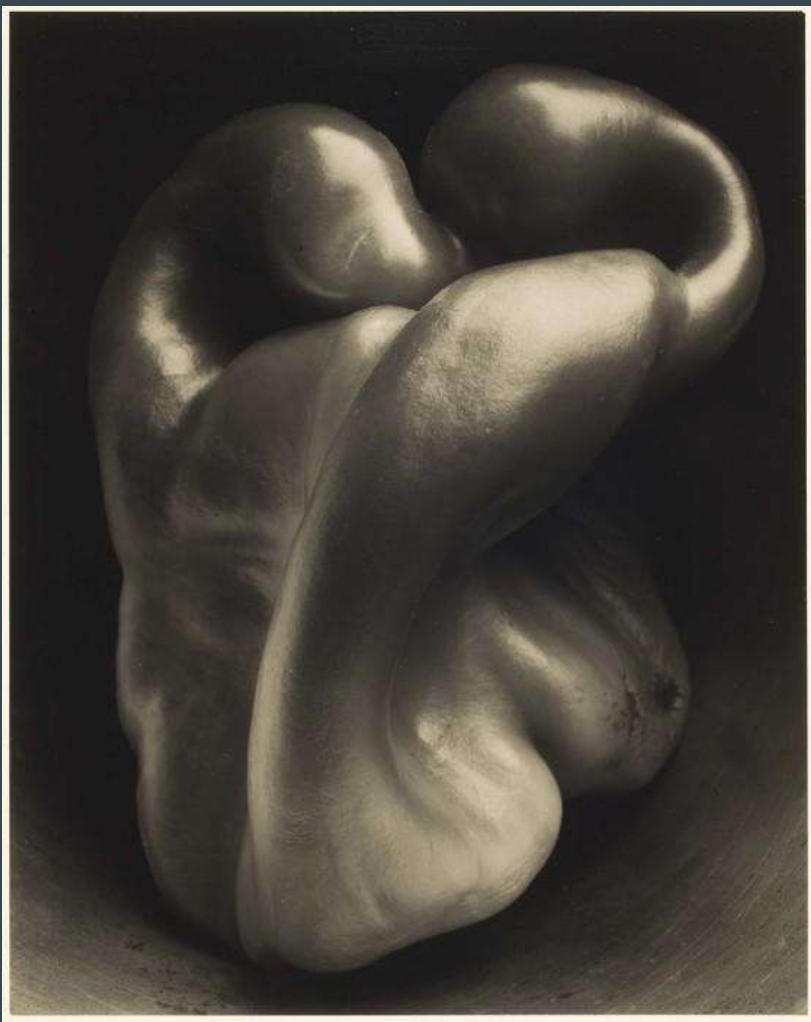


**#food #vegetablephoto #fruitphoto #delicious  
#foodie #homemade are all popular search  
words to look at instagram and get inspired.**



# The Pioneer of Veggie Photography: Edward Weston







What does his photos have in common? He looks at the strange shapes of everyday foods we eat through a new lens. It's not just food, but it's about shape, line, repetition and form.

1. Get a fruit or veggie that has something visually compelling. Think about texture, color, shape or form.
2. Create a little home studio with either black or white. You can use a sheet, the inside of a sweater or a blanket.
3. Use side directional lighting.
4. Once you have the shot, edit the black to get really black. Or if you shot against a white backdrop brighten your background. You will be using the selective brush for this effect.
5. Put a frame around your finished photo to give it a more finished and artistic feel.



This is how simple your backdrop can be. You can even use a shirt and drape it over a chair. Don't overthink it.





















