



## VEGGIE PRINTS POSTCARDS

*TEVA TABLING provides quick and easy hands-on interactions with Jewishly rich content from Hazon's outdoor, food, farming and environmental education portfolio. Learn more at [hazon.org/teva](http://hazon.org/teva).*

### LEARNING OBJECTIVE

Instead of buying stamps made of plastic or styrofoam, use the unique and natural patterns found in nature to create beautiful art to send to friends and family.

### EXTENDED FRAMING, CONTENT, AND JUDAICS

- Encourage participants to consider the benefit to using compostable materials for crafts.
- If this activity is being run in close proximity to a Jewish holiday, postcards can be framed specifically for these occasions. Examples: using oranges, apricots and figs around Tu B'Shvat, using apples for Rosh Hashanah, using a lulav and etrog after Sukkot, etc. While participants make their cards, you can discuss the significance of these fruits and what they symbolize for the holiday.



*Teva works to fundamentally transform Jewish education through experiential learning that fosters Jewish, ecological, and food sustainability. Teva is a program of Hazon. Learn more at [hazon.org/teva](http://hazon.org/teva).*

## MATERIALS

- Fruits that work well: apples, oranges, grapefruits, pomegranate, starfruit, kiwi, cantaloupe, etc
- Vegetables that work well: onions, potatoes, cucumbers, celery, lemons, limes, tomatoes, brussel sprouts, cabbage, broccoli, etc
- Pieces of cardstock cut into postcard size OR recycled cardboard cut from cereal boxes
- Markers (to indicate whom each card belongs to)
- Non-toxic paints in various colors
- Small plates (to put paints on)
- Optional: create example cards to show participants



## INSTRUCTIONS

- 1** Set up paints. Recycled egg cartons work great as a means of minimizing waste produced!
- 2** Slice vegetables so the seeds and patterns are exposed. You can even cut them into fun shapes!
- 3** Label each card with the participant's name.
- 4** Apply paint to vegetables.
- 5** Let cards dry or send them home with participants.

