



Show Notes:

Episode #3: Color and Cantaloupe

The Art for Life Podcast from Gallery's Choice is a weekly program designed to inspire, educate and support the creative endeavors of others. Artist Rose Jarecki hosts and shares behind the scenes look at her life as an artist, insight into the work of a creative, and shares tips and stories from her 16 years in business. The Art for Life podcast series features: interviews with today's contemporary artists and art students; tutorials, tips and techniques; product reviews; and resources for those interested in art as a vocation or pass time. The show explores artists' techniques across a wide variety of media including drawing, painting, jewelry and all things art glass, and provides insight into living well as it serves to inspire and motivate the artist within all of us.

Host Lead in:

This is the Art for Life Podcast by Gallery's Choice, and I am your host, Rose Jarecki.

Episode 3: Color and Cantaloupe

Lead in:

Picking colors for our home's décor can be difficult. I know, I just had a very uninspiring trip to the appliance store that I can share with you!

And color mixing can be one of the most intimidating skills for new artists to master

This episode will explain how we perceive color, what color does for us emotionally, and how to use color in our surroundings

If you struggle to understand the role of color in your paintings, or in your life, this episode is for you!

Welcome to Episode 3: Color and Cantaloupe

- In today's podcast, we will help you understand the relationship between colors and how we as human's perceive them.
- Simplify traditional color theory and give you the basic color language as represented in the modern-day color wheel
- We will discuss how colors effect our mental well-being and understand the impact of color in our surroundings
- Understand grey
- And give you an idea how to apply it to make your artwork pop

Background:

- Color theory is an all-encompassing term which attempts to provide guidance on the relationship between colors and the physiological impacts certain color combinations have.
- Color theory is one of the most fundamental areas of painting.



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- There is more to understanding color than simply knowing how to mix them together (for example, knowing that blue and yellow make green).
- As an artist, understanding the complex underlying principles of color theory unlocks a huge world of emotional, non-verbal communication and allows you to have greater impact through your work.
- Although this seems daunting – a great place to start is by understanding the basic relationships between colors and how to use a color wheel.
- Did you know that objects do not possess color?
- Instead, objects reflect wavelengths of light that are perceived as color by the human brain. When light hits an object, let's say a cantaloupe, the object absorbs some of that light and reflects the rest of it.
- Color is a sensation produced by the action of light rays received by the retina of the eye and interpreted by the brain. We experience then, the sensation of color.
- In this way, we can compare seeing color to hearing of sound. Both are sensations. And just as music can impact your mood, so to can color.
- Light is the source of all color. Since before the time of Sir Isaac Newton (who discovered light could be broken into Six colors of the rainbow through a prism – the seventh, by the way, indigo, was added later because 7 was a godly or lucky number back in the day – I kid you not!!), artists attempted to document the different relationships between colors, offering numerous versions of what we now refer to as the color wheel.
- Today's modern-day color wheel is the product of Sir Isaac Newton's discovery about light waves through his man-made rainbow and a guy named Albert A. Munsell. Munsell was an artist and a scholar who took the spectrum colors and added relational concepts to them in a chart to help explain and compare colors. He took the ten colors of separated light and added new concepts. This gave us the concepts (and terms) of hue (Hue is a good guy – he's the name of the color), value (how light or dark the color is) and chroma (intensity or pureness vs. greyness). He gave us a wheel with twelve pure colors.
- Ok so now we have a wheel with colors laid out in a circle chart so we can see their relationships. Yellow is at the top – it is the lightest value and purple is at the bottom – it is the darkest from a value perspective. Because they lay directly across from one another, they are called Complementary colors. Color complements have a special relationship in painting, so take note – but I will get more into that later!
- Primary colors are colors that cannot be made by mixing: Yellow, Blue and Red. We remember this from grade school.
- Secondary colors are those which are mixed from two of the Primary colors: Like Green from blue and yellow, or orange, from Yellow and Red, Purple from Red and Blue.



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- When you mix a Primary color, like Red, with a Secondary color, like Orange – we get red-orange (think crayons people). These mixes are called...anybody? Anybody? You guessed it: Tertiary colors. I love saying that word! Tertiary!
- Then there were twelve.
- For us artists, however, this is not enough. The visible spectrum for humans falls between ultraviolet light and red light. And according to the American Academy of Ophthalmology “Scientists estimate that humans can distinguish up to 10 million colors.”
<https://www.aaopt.org/eye-health/tips-prevention/how-humans-see-in-color>
- So to explain our perception of all those colors we have to think in terms of Tint, Shade, and Tone.
- Good grief! Did I lose anybody yet?
- Stay with me – it’s not that hard! So add white to any color (we are talking paint now) and we change its Tint. Lavender is a Purple tint.
- If we add the color “that shall not be named” as it is not a color at all (black) to a color, we make a shade of that color.
- We can achieve a tone of a color by adding a neutral grey to a color.
- See now, that wasn’t so bad?

Sponsor Ad – Gallery’s Choice

GC Lavender Candied Ginger (1 min ad)

Hey kids, Mr. Bill here. We’ve been using our CANDIED GINGER in a few recipes lately, so I thought I’d share some of the known benefits of one of our favorite superfoods - GINGER!

- *Ginger can reduce pain and inflammation, for example muscle soreness, or to ease the symptoms of a cold or the flu.*
- *Ginger helps lessen nausea, reducing discomfort from morning sickness, the flu, and nausea from medications including chemotherapy*
- *It can lower your risk of certain cancers and supports cardiovascular health*
- *Ginger also helps reduce gas and improves digestion*

We add GINGER to many things, including stir fries and our Chamomile tea. GC Lavender CANDIED GINGER with LAVENDER. The great taste of this ginger/lavender mix can add just the right spice to your meals!

As with all our lavender goodies, we grow our own lavender here on our farm in north central Illinois, and we make our own products. GC Lavender Candied Ginger is a superfood that will serve you well.



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Pick up a bag at our Downers Grove Gallery or online at GC Lavender DOT COM. GC Lavender - part of the GC family of products.

Notes – benefits listed are according to WebMD and Medical News Today and Wikipedia



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So back to why we care:

- The color experience for us humans is a sensory response with elicits emotional and physiological reactions in the body.
- As an artist, I want the viewer to be:
 - Soothed
 - Enraged
 - Excited
 - Happy
 - Sad
 - Or just drawn into a specific subject in the image
- Using the principles of color psychology along with the color wheel, I can drive these sensory experiences to gain my intended results.
- We can use these colors in our homes to elicit feelings or warmth and security, cool and comfortable, or energized and creative
- Last week, my husband and I were looking for a replacement for our dishwasher. Our kitchen is small yet functional, and the current appliances are a lovely bisque color. Just as I like things, warm, airy and bright! What we thought would be a simple shopping trip turned into a struggle, as the newer versions of appliances only provided stainless grey, darker stainless grey, or black. Not a rich color palette to decorate with by any means.
- You can pick any color – as long as it is grey.
- To make this process even more infuriating: each manufacturer has a slightly different finish – so even going all stainless will give you a hodge-podge look if you don't get all your appliance (stove, fridge, dishwasher, microwave) together from the same brand.
- Several weeks ago, I had a conversation with one of our frame molding suppliers. I asked for newer sample sets and wanted to focus on moldings with color that could complement my students' artwork. The sets came in, all they are showing is grey, darker grey and black.
- When I asked my rep what was up – I was informed that this is the newest trend: everything has to blend with the very clean, minimalistic interior paint and décor colors: grey, dark grey, black and white.



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- I thought to myself: How depressing!
- Now – not to be all down on the clean lines and uncluttered looks of modern day living...but – by the same token, I know how color makes me FEEL. I can't imagine a world without color. (Of course if you visited my studio, you'd think I said I can't imagine a world without clutter!)
- My bedroom is a soft, medium periwinkle blue – it cools me, is relaxing, and puts me in the mood for rest. My dining room is a rich rose color. This color works with the west exposure, which gets a lot of light as the sun sets and works with strong reds and oranges of the waning light to produce an inviting warm atmosphere. The kitchen table is a warm oak and sits next to light peach walls – it's a happy place to be, and the center of the household!
- The walk-out basement is light yellow – and the wall color changes during the day as the sun changes position – appearing either chartreuse or banana, depending upon the lighting. Cheerful. Bright.
- I am constantly aware of how color impacts my mood, and I guess it isn't just some silly hokum, as major industries spent millions of dollars in selecting colors to apply to their brands to entice consumers to buy their products based on the feelings the colors impart.
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- You don't think the blue of Allstate the Good Hands people was on accident, do you? Blue is stable, reassuring, calming. BP Amaco changed its logo from Red and Blue to Green after the major oil spill – green is healing, growth, natural.
- From a painter's standpoint, if you in my class, you already know this: I do not (ordinarily) paint with black. Students are always perplexed by this. They go to make a grey and without black paint, they ask "what do you mix with the white"?
- Well, here's my take on this:
- First, black is the absence of both color and light. I paint to create a picture, to convey a message and ideally, to gain an emotional response from the viewer. Given what we just discussed about human's perception, mood and reaction to color, doesn't it seem that using black would reduce the effect I am trying to create? Black absorbs all and transmits nothing, neutralizing any emotional impact.
- Taking a tip from a watercolor artist who turned me on to working with a mixture of blue and brown to create "lively" greys ranging from cool blue grey of mountains or warm greys of animal fur, one can see this is more exciting – even for the painter – and convey more than an abrupt ALL STOP of black.
- From an oil painting standpoint, using Phthalo Blue and Burnt Umber in combination give me a black, but I can go further, adding green or purple or even crimson to the dark mix to transcend the dark and read back to the eye something more vibrant in the quote "blackness" unquote.
- My students are always amazed by this, and the effect it has on their work! Of course they make fun of me too! Some have been known to sneak in a tube of black paint – just to find that using it made their work a muddied mess.
- In nature, there is very little true black. (Charcoal – has blueish hues, Black hair can have blue, red or brown highlights...) I say this as I type on a black plastic keyboard next to a black computer bag and drink tea from a black cup....
- All of the things I've just mentioned are man-made, by the way, and none of them inspire me. They are neutral. Cold.
- Now the use of a dark against bright, luminous color is a great way to create dramatic impact. (You just don't have to use black, per se). I dare you to try it and see. Paint two painting, one using black and the same painting using a mixed black. Now stand back and see which one you are attracted to. Ask your friends which one they are attracted to. You may be very surprised by the result!
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- Going back to the color wheel, we can see colors align along warm vs. cool values (reds, yellows, oranges vs. blues, greens, purples)



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- Now give some thought as to how these cool vs warm hues make you feel.
- Using a psychological lens to view the artists' pallet, we might note that cool colors can reduce stress, blood pressure, even encourage sleep, while reds and oranges help to excite, stimulate, and energize.
- Next time you mix your paint, give some thought as to how you want the person viewing it to feel. What mood would you like to convey?
- Need help getting started in applying these topics? Join us at Gallery's Choice
- If you are looking for visuals, (and I understand that this audio show has some limitations!) check out the show notes and I will have a link to some visuals so you can check out the look and judge for yourself.
- And don't forget our web site GallerysChoice.com for more information on painting classes in Watercolor, Oils and Acrylics.
- Subscribe to the Art for Life Podcast!

Sponsor Ad – Gallery's Choice

Gallery's Choice Oil Painting Class (1 min ad)

Hey kids, Mr. Bill here. There's no better way to learn than to actually DO IT, so here's your invitation to join us for an introduction to OIL PAINTING. At Gallery's Choice in Downers Grove, Illinois, you can take this class and many others. Come join us in suburban Chicago and enjoy small class sizes in our gallery!

With pallet knife and brushes in hand, you will create 4 scripted images in 4 weekly sessions, building each week on the previous to learn the basics and explore color theory. If you have some experience, or after you've completed our intro course, you are free to explore any subject as we transition from teacher to coach. We use Terpenoid Natural to avoid harmful chemistry and annoying fumes.,

Contact us to find a weekday, evening or Saturday class that works best for you. Find more info online at GallerysChoice.com, or go old school with a call to 630-969-5660.

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Lavender Ginger Cantaloupe Tea Bread

- An easy way to incorporate cantaloupe in your diet and with this recipe there will be enough to share!
- Merriam–Webster defines Tea Bread as **(tea bread (n.) Definition of *tea bread*):** sweetened bread or buns to be eaten with tea
- Love that idea! Pair this Lavender Ginger Cantaloupe Tea Bread with a cup of GC Lavender Grey tea and enjoy!
- You will need 2 loaf pans 9x5s will do, greased and floured, and an oven pre-heated to 350 degrees Fahrenheit
- There's only one thing I love more than color – and that's colorful food! This week in my quest to increase what I will call "food literacy" among the masses - to help you all live better and healthier, we are going to explore Cantaloupe!
- Now I have eaten cantaloupe before – so this fruit is not new to me. However, I struggle with waste and spoilage – so I don't often get cantaloupe for fear I won't eat enough of it. And I can't bring myself to buy the pre-cutup fruit (Picture slimy) from the store, as I never am sure how long it's been sitting there in plastic. This week's recipe is a great way to incorporate more cantaloupe in your diet and use it up!
- It is also an amazing fruit!
- Recent studies have indicated the antioxidants in cantaloupes may help protect your eyes from age-related macular degeneration or AMD. AMD, for those of you who are not familiar, is a degenerative condition involving the dysfunction of photoreceptors in the eye and the leading cause of blindness in the elderly. The antioxidant protection under study is provided by a combination of lutein and zeaxanthin, (pronounced *zee-uh-zan'-thin*) plant pigments in cantaloupe that give the fruit it's characteristic yellow to red color!
- OMG! The irony. To think Color can protect our eyes! Come on people – eat the Rainbow already – do your body some good, eh?!
- Cantaloupe is also rich in Vitamin A (as beta carotene), potassium, Vitamin C and fiber.
- Today this featured fruit is "going to bread" - and has a SURPRISE: GC Lavender Candied Ginger!
- This recipe starts out by combining dry ingredients in a large bowl.
- We will be whisking together 3 c. sifted, all-purpose flour (I resift to ensure there are no lumps)
- 1 ¼ t Saigon Cinnamon (Saigon Cinnamon from Vietnam has an intense sweet and spicy flavor due in part to a higher oil content.) Use regular cinnamon if you don't have it.



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- We will add to this, 1 t. salt, 1 t. baking soda, and $\frac{3}{4}$ t. baking powder.
- Then add 2 T. GC Lavender Candied Ginger that you have finely diced. If you do not have our candied ginger, look at the show notes on this episode for the links to our website! I personally feel this is an all-time kitchen staple. But you could substitute 1 t. ground powdered ginger.
- Set this aside while we gather and mix our wet ingredients.
- I place $\frac{3}{4}$ c. vegetable oil with 2 t. Vanilla extract, $\frac{1}{2}$ c packed brown sugar and 1 $\frac{1}{2}$ c. granulated sugar and 2 cups of pureed or mashed ripe cantaloupe into my stand mixer. I'll get that started and add my three eggs, blending until everybody is happy. Stir in $\frac{1}{3}$ c. chopped pecans and I am ready to mix in my dry mixture.
- After all ingredients are combined, I will pour out the batter evenly dividing it between the two prepared pans. Bake for 60 min at 350 until a wooden skewer inserted into the center comes back clean and dry.
- Let stand after removing from the oven, then invert to remove from pan. If you like, while the loaf is still warm, you can sprinkle some of our GC Lavender Sugar or more GC Lavender Candied Ginger on top to dress the loaf.
- Serve warm with a pat of butter and a cup of GC Lavender tea!
- Hope you enjoyed this weeks' Art for Life Podcast Episode. Please subscribe and also please check out our show notes for useful links to our web site and other resources we compiled just for you!
- It's been a pleasure to serve! Enjoy!

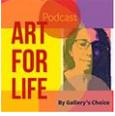
Royalty free music and sounds in this podcast were sourced from the **YouTube Audio Library** with special shout out to the artists for this episode's featured tracks:

"You're There"

"Stacy and George"

By

The Mini Vandals



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