

# Looking For Nature's Palette

How to be led by your eyes

when walking in nature

Photographer, **Vanessa Winship** shares some reflections on her granddaughter's love of the outdoors - and of making things - in *Dandelion Honey*.

In this piece, for **The Cabinet of Remedies**, we are fed not only with a photograph of 'scruffy', 'chaotic' dandelion heads, **'the colour of the sun'** (also her granddaughter's favourite colour) but Vanessa generously leaves us with a recipe for vegan dandelion honey.

Dandelion Honey, 2020 © Vanessa Winship



How conscious are you of the colours around you?

There are likely to be a host of colours and tones that we fail to notice when we're darting about, doing day-to-day things.

Noticing such details requires some measure of mindfulness.

Wherever you are reading this right now, **pause.**

Take a few moments to look away from your screen and consciously spot

**everything** around you that is 'the **colour** of the sun'.

Were you surprised by what you noticed?

Did you seek objects that are **yellow**, or did you include **orange**, **peach** or **mustard-coloured** details? **How close to red did you allow yourself to go?**

Did you include surfaces that've been bleached by sunlight? **Is the colour of the sun also the colour of light?**

## Seeking Shades

**Try translating this way of looking into the way you create pictures in nature.**

Next time you photograph, give yourself a colour focus and notice how this affects the way you look.

You could start with 'the colour of the sun'. See what you can find in nature's palette.

We tried it, and **also** took inspiration from Vanessa Winship's relationship with her granddaughter, and her **love** of making things...

We captured **the colour of the sun.**

And the tones in the photograph **made us think** of boiled eggs and radishes!

**So, we found a recipe inspired by nature's palette.**



# Boiled egg and radish Salad



## Dressing:

1 tbsp mayonnaise



1/2 tsp whole grain mustard



To prepare:



# Boiled eggs and radish salad

## Ingredients

- 2 boiled eggs, diced
- 1 bunch radishes, thinly sliced
- 1/2 cup spring onions, chopped
- A few small salad leaves

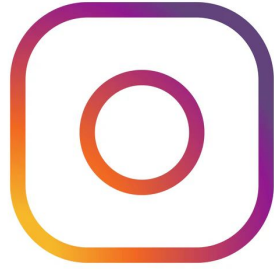
## Dressing

- 1 tbsp mayonnaise
- 1 tbsp creme fraiche
- 1/2 tsp whole grain mustard
- 1 tbsp lemon juice
- Pinch of sea salt and cracked pepper

## To prepare

Combine the ingredients to make the dressing and toss everything together!





Share your colour palette photographs on IG  
If you have a recipe, you can share that too!

Don't forget to **tag us** and use the hashtag  
**#naturespalette**

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