



Making the Food Zine

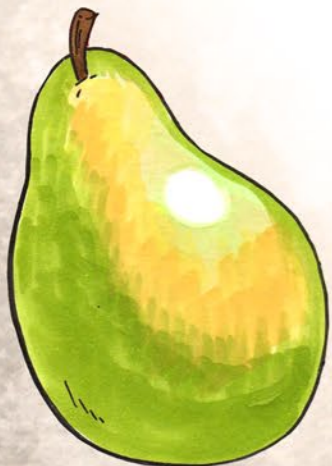
I'm kind of bad at titling these little experimental pieces, so while I suppose this piece can be called "don't forget to eat! <3" I think it will always be "the food zine" in my heart.

My desire to make this piece came from a pretty simple place: I have mental health issues, and often that manifests as forgetting that food exists.

I'm pretty good about actually eating, but somehow when I'm at low capacity I can stare at a whole fridge and pantry and not be able to remember the simple steps it takes to change them into meals. Once, I forgot about French Toast for about two years. I just completely forgot that I could easily turn eggs and bread into French Toast whenever I wanted.

When summer came, I'd forget for about two months that smoothies exist, and would be struggling to keep enjoying the stews and risottos I had gotten used to in the winter. Then I'd finally change over, and the weather would get cold, and it would take me another two months to remember potatoes and ravioli.

I decided enough was enough! That's when I started making marker illustrations for my "top 8" meals for every season.



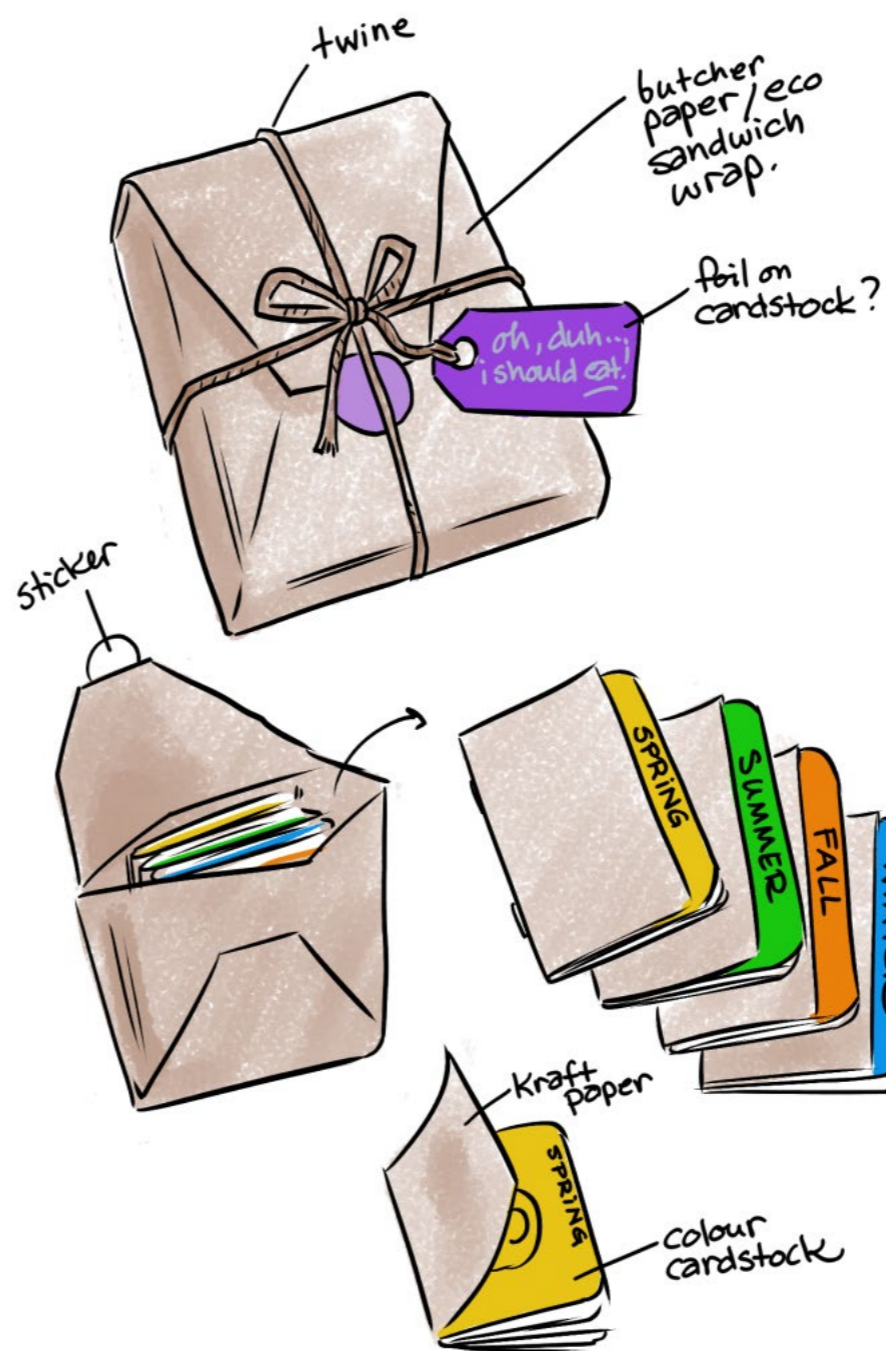
This was my original concept for the "zine package". I wanted the set to look kinda "rustic".

My main way to achieve that was to use this kraft paper that I had acquired a long time ago in some kind of art supply sale. I have a bad habit of just collecting interesting-seeming papers for "future projects" that never seem to manifest, so I'm trying to be a little bit more deliberate with using materials I already have.

This is also how I decided to use the bright colour cardstock. I had bought it as a set, and it's so bright that it's actually a bit intense as a cover on its own. The kraft paper "overleaf" was a really nice way to tone down the volume on the covers, and also to make the whole set feel more unified.

I decided to stuff them all together in a sandwich bag. The sandwich bags I was able to find were not quite as cute as the ones that I had imagined, but no creative endeavor fully survives the first collision with manufacturing reality.

You would not believe how many different places I went to in COVID-times trying to find simple butcher twine, and yet I wasn't able to find any! The ribbon I ended up with however did turn out quite nice.





SUMMER

- Avocado toast
- Watermelon (chopped)
- Taco Bowl
 - Limes!!!
- Greek Salad
 - Cucumbers, tomato, feta, red onion, olives
- Little charcuterie with pita and cheese
 - Hummus
 - Chips, Naan, Carrots
 - Tahini Sauce
 - Tahini, water, garlic, lemon, salt
 - A Nice Summer Salad
 - Chickpeas, avocado, tomato, mixed greens, strawberries, goat cheese
 - A nice balsamic dressing
- Pasta Salad
 - Smoked tofu, yogurt, pasta, peas, cheese cubes (cheddar), celery
 - ARTICHOKES

FALL

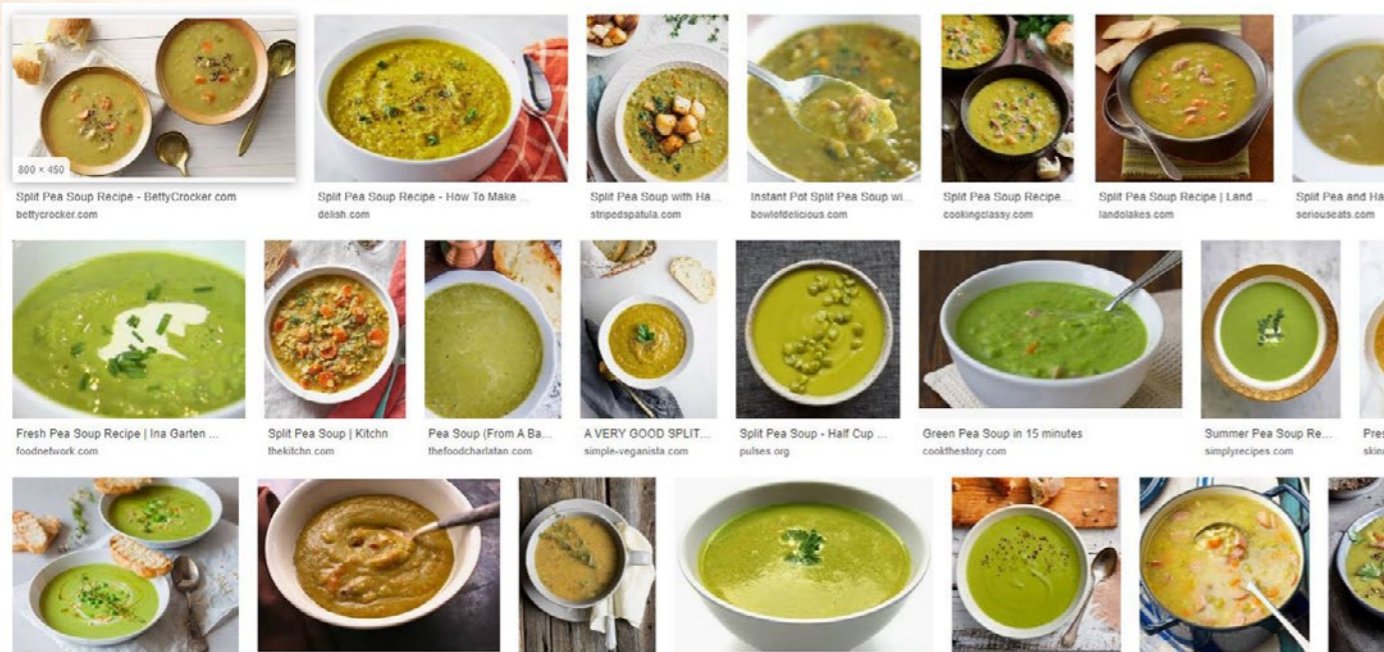
- Wontons/Dumplings
 - Quesadillas
 - ravioli +tomato and egg
 - Pierogies
 - Chili
 - Buddha Bowl with Butternut Squash and a nice dressing + some cabbage or Kimchi (+egg), black bean, sweet potato
 - Tomato rice (with mushrooms and veg... bok choy! + kimchi)
 - Pomegranates, Apples and Pears!
 - Baked Potato
- Egg drop soup?
 Kimchi Fried Rice

WINTER

- CURRIES (japanese curry)
 - Orange slices/mandarin oranges
 - Pea Soup
 - Dahl!
 - Risotto
 - Mushroom
 - Butternut squash
 - Pumpkin
 - Kale
 - Broccoli
 - Bibimbap
 - Potato pancakes
 - Mac and Cheese
- Lasagna?? Casseroles?
Macaroni and Cheese?
Enchiladas?

This is the list of ideas that I came up with for the food zine, here you can see some of the other ideas that I didn't do in this pass. Mostly I skipped them because I thought there was a bit of redundancy (pierogies are very close to dumplings, at least if you buy them both frozen) or else there were more exciting candidates for a "top 8". Could I do a "food zine" extension someday? Maybe...

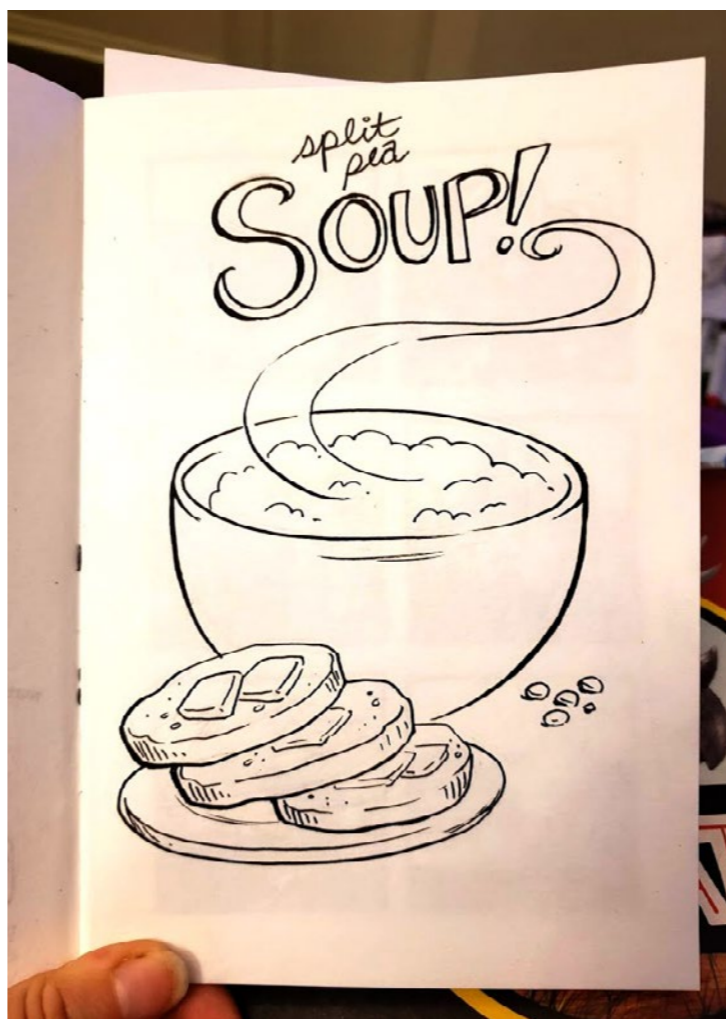
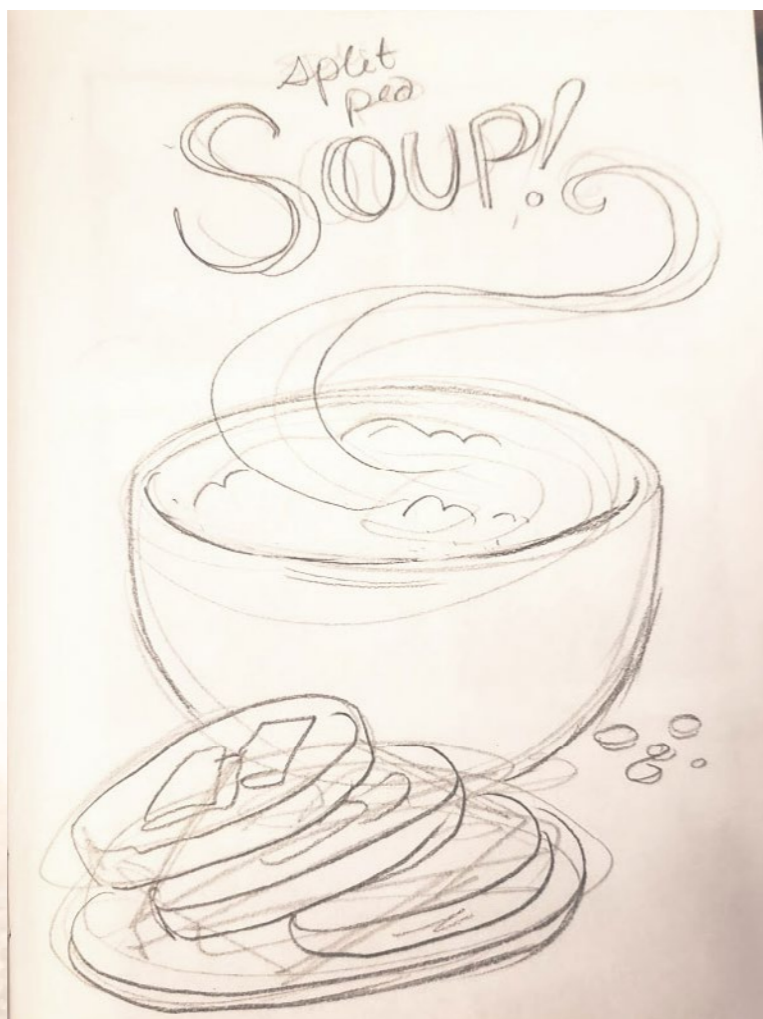
Oh man I had forgotten that egg drop soup exists until just now...



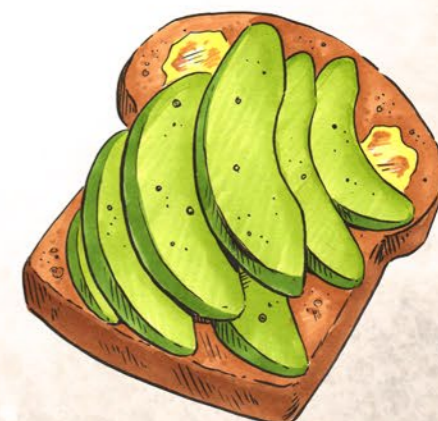
Ok, so let's draw some food! The first thing I would always do is look up a few recipe variants for reference. This ended up being really useful because I would come up with a few ideas that I hadn't ever tried/ingredients that I might usually forget.

One of the hardest parts of remembering how meals are made is remembering all of the ingredients that are needed... often I'll forget spring onion or other vaguely unusual things that go well in a dish. I really wanted to highlight those in these pages.

One of the good things I learned from this particular image search was "bread goes with soup"! I had forgotten...



I don't really have much to explain about the drawing itself, but here is one page pencilled and then inked!

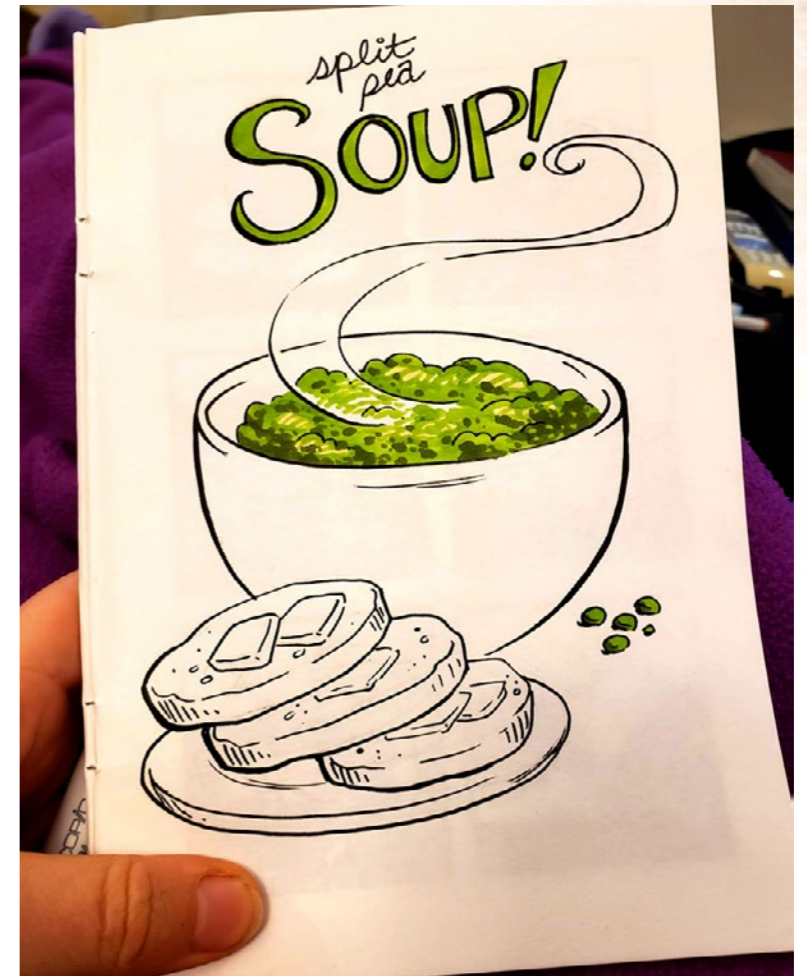
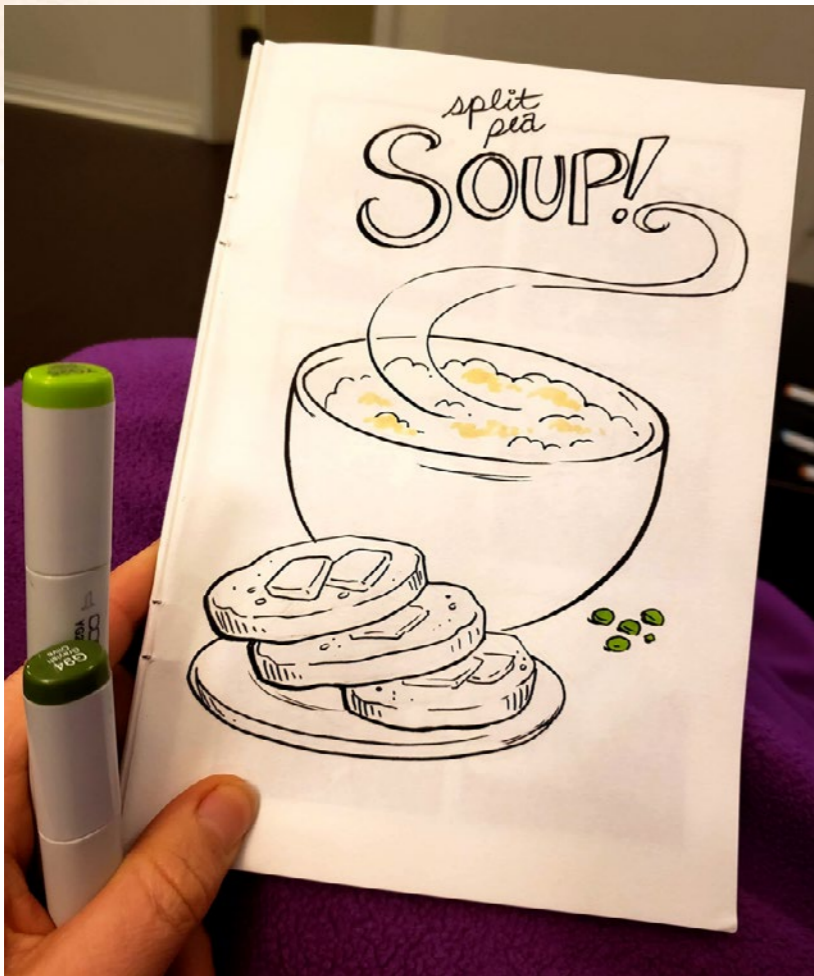




I had chosen to draw these pieces in marker, and so the next step was to choose the colours! Obviously pea soup requires a lot of green.

I selected a bunch of the greens from my collection. I did a little test which you can see below to see which ones worked together well and were closest to the pea soup I had in mind.

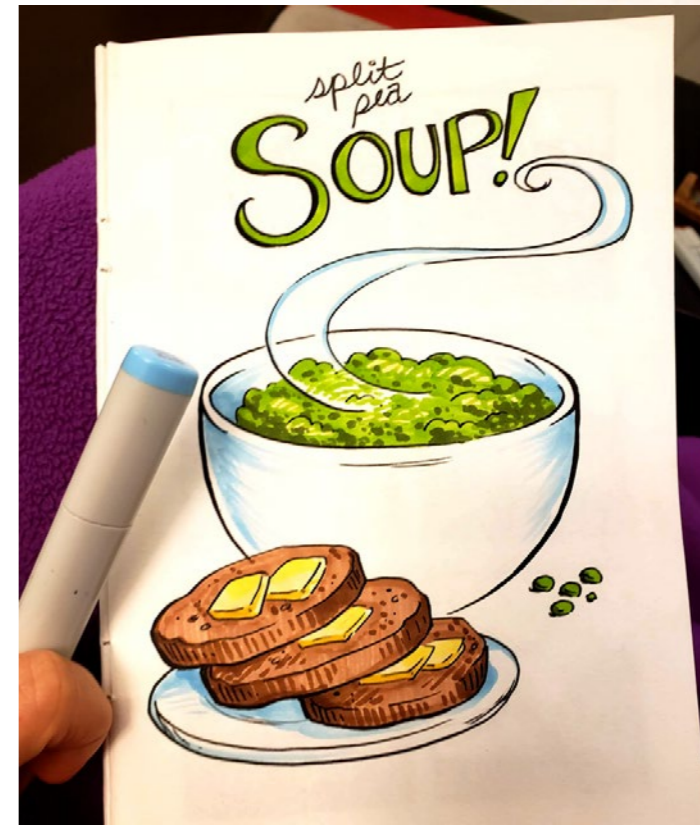
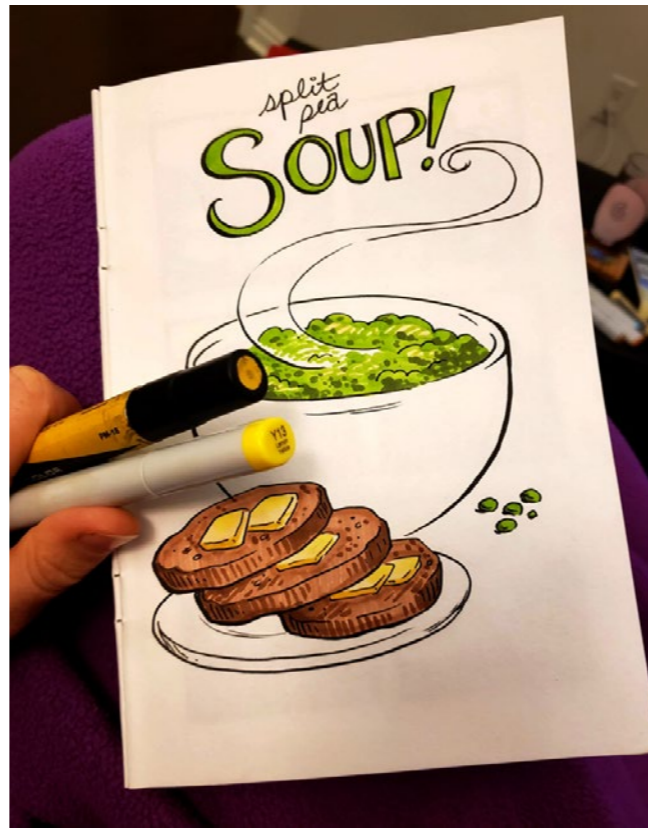




When I'm colouring I tend to start with the region that needs to have the most focus and emphasis. Then as I continue to add colours I'm making sure that what I'm adding supports the region of emphasis (rather than competing with it or drawing attention away). So I started with the soup!

Another thing that I do when I colour is that I work from "light to dark". This is just a reality of working in a natural media like marker. You can always add and darken, but you can't take away and lighten a piece.





Similar strategy for blocking in the bread and butter. First I chose the browns that were going to best compliment the greens I had already used, and then I blocked them in light to dark.

Finished up with some blue for the bowl (because a bright colour would be too distracting) and it was done!

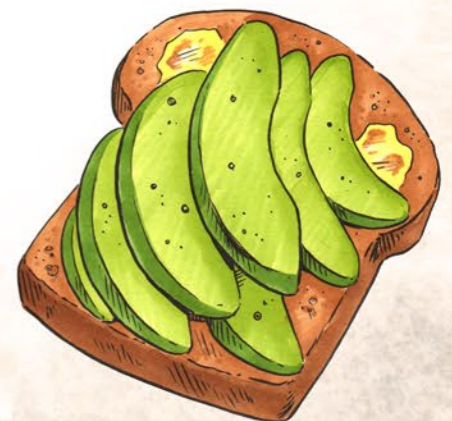
Definitely a thing I had to contend with in this project was the number of "bowl foods" I had to try to make look varied and interesting.





Often when I set up these zines I will need to add little notes to myself like "shift this page up" or "shift this page over". Printing prototypes is essential!

On the left here is my first full prototype of the whole zine set!



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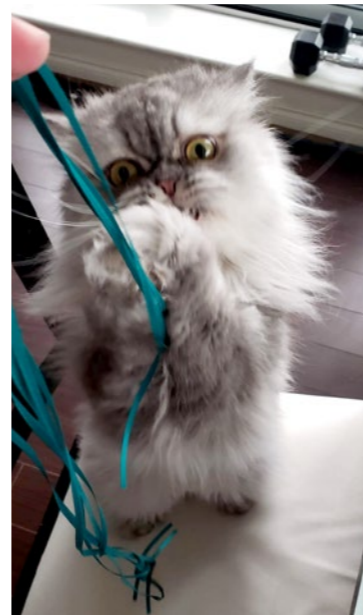
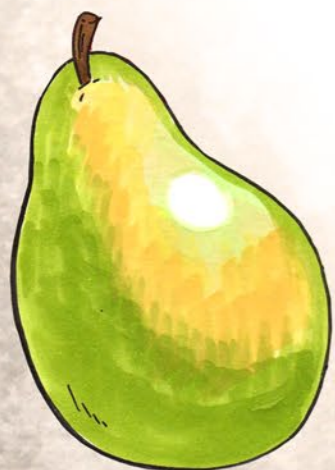
Once I was happy with the layout of the pages, I got them more 'professionally' printed at my local Staples. The staples people complimented me very kindly on my drawings haha.

I then set to chopping and assembling the first set of zines!



Here's a close up of a finished set, and all of them together wrapped up in a sandwich bag!

Parker (my foster cat at the time) was very eager to help with the process of tying ribbons around the finished set.





Use these zines as inspiration!



Healthy food is vital to get you through tough times!



I often forget how to turn ingredients into meals.



These are drawings to help you remember easy, tasty things to eat!



You deserve healthy, delicious food!

This is NOT a "cook book"!

Jam! 2020

Thanks to the patrons who made this zine possible!

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- ♥BearPerson♥Dave Coleman♥Logan Arias

July 2020

One of the final touches was the introductory zine. Another bonus zine just to explain what all these zines were about!

I decided to use the extra kraft paper to print the zine, so it would match the rest of the set, and to be honest I'm really happy with how the finished product turned out. The method I used is called (at least by me) a "one page foldy" zine. this is a little trick where you can print one whole set of 8 pages on a single side of a single 8.5" x 11" standard piece of paper.

You can also see the little custom "yum" sticker that I made with my silhouette cutting machine.



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Because I'm really extra, I decided that I wanted the title of the introductory zine to be done in metallic foil.

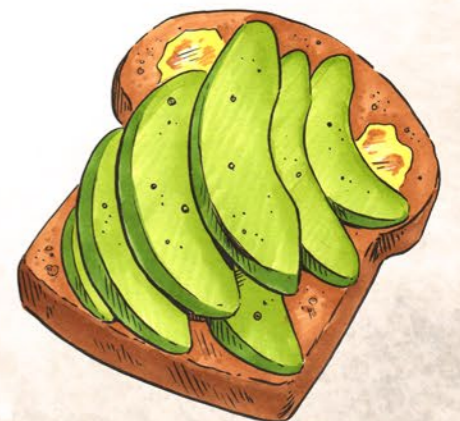
To achieve this I first drew the cover art in Clip Studio. I then had to re-draw the lineart as a vector path (I did this with an open source software called "Inkscape").

I then imported it into silhouette's software and used it to create a "sketch path". This can be used with a separate adapter called a "foil quill" which is just a USB heated tip that gets installed where the knife would normally be. This is run over some metallic foil (designed to be used with hot presses).

I didn't have enough foil so I used a few colours in this batch. They all looked nice!



And here's the finished product! Thanks so much for all your support, this was a pretty long project since I was doing it so slowly, but it's really satisfying to see it all together at last!



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