

52 food frames...

one food photography project a week in 2018

We are all busy people and I know squeezing your photography in can be a challenge sometimes. If you are blogging, developing recipes, running your services etc., there is a temptation to go with a quick snap and move on. Deliberate practice is not the only answer but it can be a real help in improving our photography.

If we are feeling too busy or just short of ideas it is easy to put the practice to the end of the list and carry on with the other things we need to do. So here are a few ideas to keep you going in 2018. There's no need to commit to them all if that feels like too much, drop in and out if you need to. If you follow it from the beginning of January the ideas are roughly seasonal.



1. Lovely Leftovers

Chances are after all the lovely festive food you might just have some bits and pieces leftover. Photograph a dish that shows them at their best.

2. Bubbly Brussels

They get a bit of a bad deal so lets see an image that makes them pop!

3. Celebrate Clementines

The perfect time of year for photographing these little orbs of gorgeousness at their best. Shoot them as you please.

4. Cheeky Chocolate

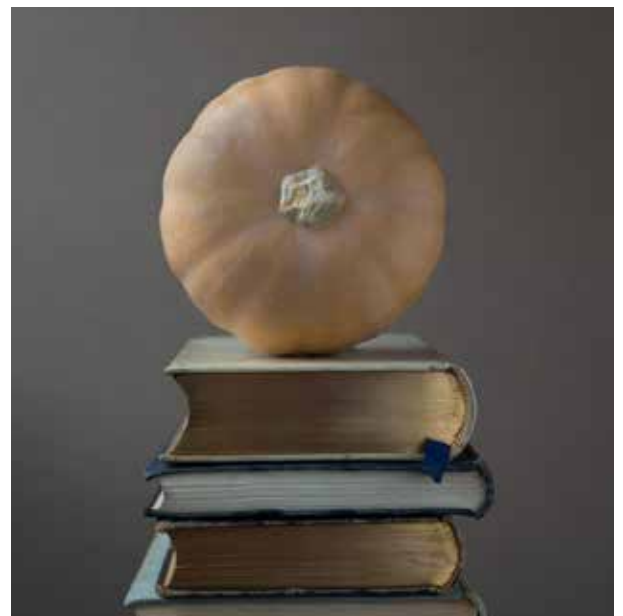
Show us some chocolate in all its glory. Chunked, molten, grated or chopped, however you like.

5. Winter Warmer

Photograph your favourite winter comfort food.

6. Beautiful Bramley

Time to showcase the magnificence of the mighty Bramley. Raw or cooked create an image that highlights this great ingredient.



7. Luscious Leeks

Another winter favourite, photograph them any way you please.

8. Special Soup

Make some warming soup and photograph any part of the process, it could be your starting ingredients or even the empty bowl after it's been devoured!

9. Savoy Speciality

One of my all time favourites. Create a picture perfect portrait of the truly special Savoy Cabbage.

10. Blushing Beetroot

Try and capture them in all their purple loveliness.



11. Absolute Artichoke

Imagine someone has never seen an artichoke before and take a photograph that shows off this quirky treat.

12. Sticky Sponge

Time to capture some desert gooiness. It can be any sponge you like just make sure it's super sticky!

13. Bread Baking

Photograph any bread you like, ideally something that has just been made and looks mouth-watering.

14. Just Juice

This is an opportunity to play with some fabulous colours. Take a shot that is all about the juice.

15. Various Veg

Create a beautiful still life with a selection of seasonal veg of your choice.

16. Simply Seeds

Create a photograph that showcases these little delicacies, they could be on their own, sprinkled on something or an ingredient. Just show us that they are there.

17. Pretty Peas

This photograph is all about celebrating those little green jewels of sweetness.

18. Crispy Coating

Time to crisp something up and capture that golden glow. It could be anything from tempura veg to Panko prawns, your choice.

19. Essential Elderflower

From sparkling drinks to frozen desert the fragrant Elderflower is wonderfully versatile. Take a photograph to showcase the lovely Elderflower.

20. Tasty Tarts

Capture the best of some tasty tarts, sweet or savoury, round or square. Make us want to pick them off the screen or page.

21. Simply Sandwiches

Find the best way to photograph some sandwiches. Think about your ingredients and props. They could always be toasted with oozing centres.

22. Nicely Naughty

Time for a bit of a treat. Photograph your guilty secret and enjoy eating the result when you have finished!

23. Party Plates

Set out a table with a party theme. Think about your angle – maybe take an overhead shot if you usually shoot from the side.

24. Ruby Raspberries

Using Raspberries as your main ingredient take a photograph that sings of summer berries.



25. Lovely Layers

This could be a drink, a main dish or a desert, anything that has a number of layers. Try and photograph it to accentuate the layers.

26. Strawberry Surprise

Time to break out the strawberries and create an image that celebrates those glorious little beauties.

27. Perfect Ploughmans

Cheeses, breads, pickles, celery and maybe a pickled onion or two. Put together the perfect ploughmans and create an image that shows it off at its best.

28. Cheeky Cocktails

Summer party time so let's break out the cocktails (alcoholic or not)! Think about your colours and props and make them tempting.

29. Fancy Forkfuls

Just a fork and some of your favourite summer ingredients. Take a simple but bold photograph of food on a fork.

30. Super Salad:

Break out the seeds, leaves and anything else you fancy. Make up a lovely bowl and highlight the beauty of fresh ingredients.

31. Perfect Picnic

Let's head outdoors and create the elements of a beautiful picnic. Try out a range of shots and angles to get the best of the light and the food.

32. Summer Soup

Time for some glorious colours with your favourite summer soup. Think about your colours and props to make your photograph eye-catching.

33. Wonderful Wildcard

Well done for sticking with the 52 Challenge this far. As a reward this week's challenge is entirely up to you!

34. All Alone

Pick a favourite or interesting ingredient and photograph it. No props or other ingredients. Think carefully about your background, colour and light.

35. Cheese Chunks

Take a photograph of a beautifully laid out cheeseboard. Dairy or non-dairy your choice. Include any biscuits, relishes or bread you like.

36. Topsy Turvy

Create something that you bake upside down and capture it once you have turned it out. It could be an upside down pineapple cake or a Tarte Tatin – surprise yourself!

37. Beautiful Blacks

Any food of your choice as long as it's dark! It could be black rice or noodles, blackberries or plums. Capture their wonderful darkness.

38. Magic Muffins

Bring those lovely muffins to life! Showcase these favourite little cakes in your photograph.

39. Fresh Flavours

Assemble some of your favourite fresh ingredients. If you are lucky to grow your own show them just after you have picked them dirt and all.

40. Special Stew

Get out the stew pot and create some winter warming. Meat, veggie or fish, stews can be a challenge so think carefully about how you style it.

41. Simply Squash

Either cooked or raw, show off the humble squash in your photograph.

42. Beautiful Biscuits

Time for a bit of baking (or you can buy some!). Your photograph could show their lovely perfection or evidence they have been eaten and enjoyed.

43. Something Surprising

This is a chance to really get creative and photograph some surprising. It could be an unusual combination, weird colours, or something that looks like something else.

44. Lovely Leaves

Photograph some lovely seasonal leaves, imagine you are trying to persuade someone who may not usually eat them.

45. Toffee Treats

Time for some sweet treats. Capture any form of toffee, it could be a pudding, individual sweets or even toffee apples.

46. Perfect Pies

It's pie time, how about photographing it as you cut it open so all its glorious contents are on display!

47. Winter Warming

Fill some mugs with your favourite winter warmer and see if you can catch some of the steam in your photograph.

48. Tempting Table

For this decide who is invited and set your table so it is welcoming and inviting. Take your shot from above (be careful not to fall!)

49. Moody Magic

The nights have drawn in (in the northern hemisphere anyway) so this photo is all about light. Create something that looks atmospheric and mood.

50. Perfect Potatoes

Shoot potatoes in any form and any type. They could be mini or baked, sweet or chips.

51. Christmas Cake

A tempting sweet treat. It needn't be a traditional Christmas cake choose any cake you like. It could be gluten free, Christmas Cheesecake, raw or baked, or even a Croquembouche.

52. Seasonal Savouries

Photograph a seasonal spread and try and capture a spirit of celebration.



To share your photos, upload them to Instagram and tag them with #52foodchallenge
I look forward to seeing what you do!

DAWN