

A GUIDE

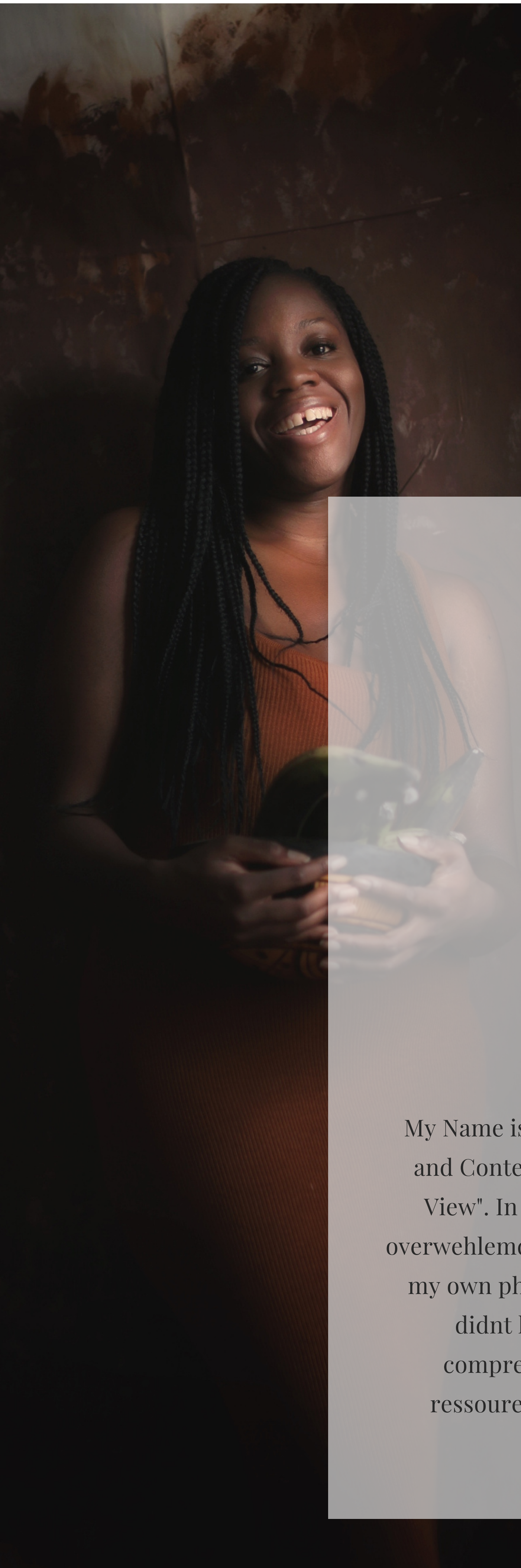
Natural Light for Food Photography

How to manipulate natural Light in
Food Photography

JANUARY 2021

NATURAL LIGHT FOR FOOD
PHOTOGRAPHY





HI THERE!

My Name is Melissa and I am the Photographer and Content Creator behind "A Sweet Pointof View". In the beginning of my journey I was overwhelmed and eager at the same time to create my own photographic style and voice. I simply didn't know how to go about it. In this comprehensive guide I will share useful resources of how to develop a style with practical exercises.

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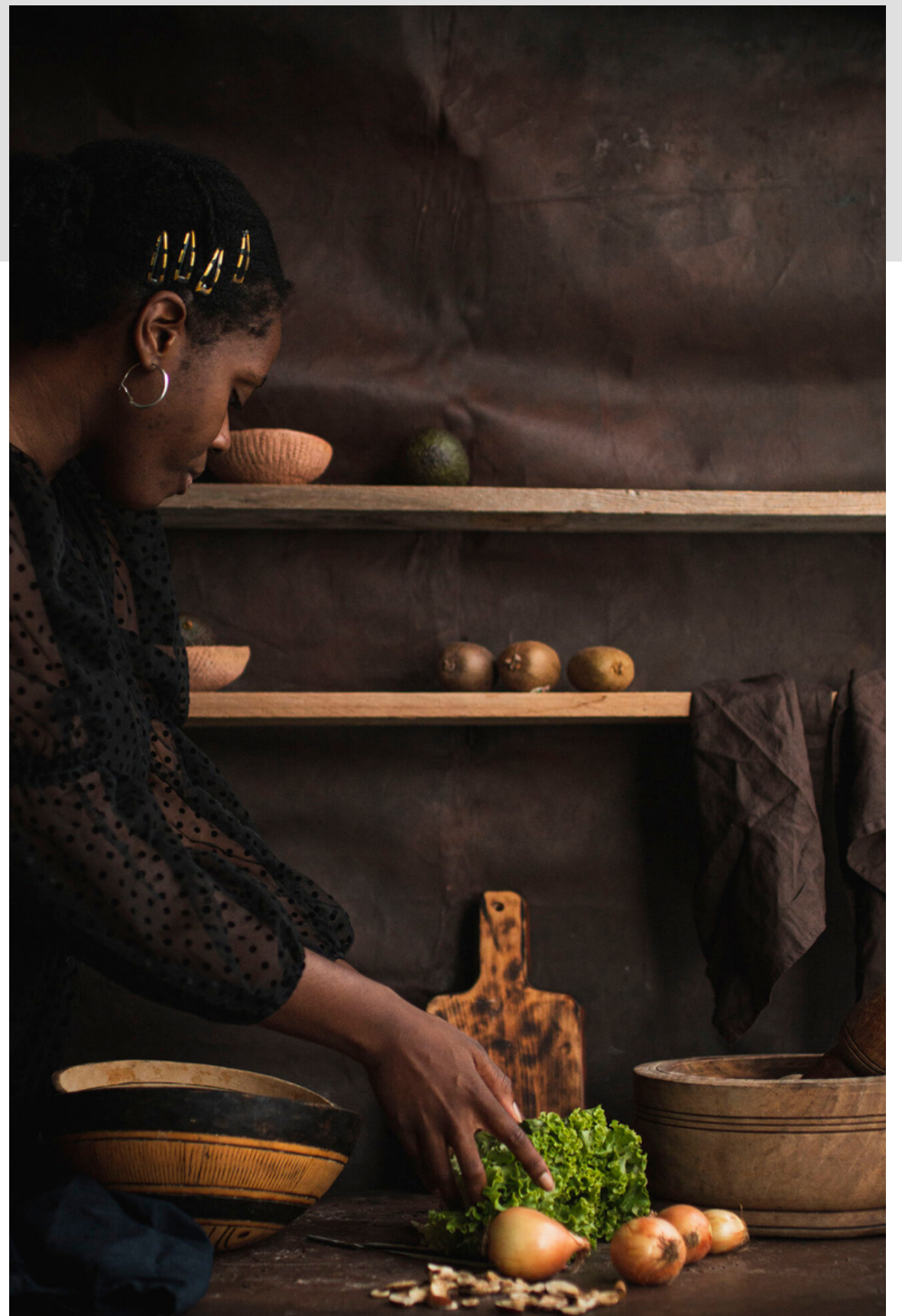
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YOUR ENVIRONMENT

Adapting to the available resources and making the most of your surroundings is an integral part of any creative endeavor. In the realm of photography, this often translates to employing various techniques and strategies tailored to the specific conditions at hand. A vivid memory from my photographic journey involves the humble setting of my bedroom, where I unwittingly discovered the impact of my surroundings on the color palette of my images.

Frontal shot

In those early days, as I enthusiastically captured moments within the confines of my personal space, I couldn't help but notice a peculiar and consistent color cast in my photographs. The mystery behind this tinted hue intrigued me, prompting a thorough investigation into the factors influencing my images. It was only after some contemplation and experimentation that I unraveled the source of this unexpected color infusion – my vibrant purple curtains.



As the natural light filtered through my bedroom window, the rich hues of the curtains cast a subtle but distinct purplish tone onto everything they touched, including the subjects of my photographs. The realization dawned on me, and suddenly, the seemingly peculiar color in my images began to make perfect sense. The curtains were inadvertently becoming an unexpected collaborator in shaping the visual narrative of my photographs.

THE WEATHER

The unpredictable dance of weather conditions can undoubtedly play a pivotal role in shaping the outcome of a photography session, and, regrettably, I've learned this lesson through a series of amusing yet exasperating experiences. Time and again, the excitement of planning a meticulously crafted shoot has been marred by my neglect to consider the whims of the weather.

In the hustle and bustle of conceptualizing a photo session, my oversight on checking the weather forecast has resulted in a rollercoaster of challenges. I vividly recall instances where I had meticulously prepared for a shoot – from gathering ingredients for culinary creations to the careful choreography of capturing each step of the cooking process. However, when the anticipated day arrived, the weather conditions were far from cooperative.

Winter proved to be a particularly formidable adversary, with its propensity for casting a shroud of



total darkness over my carefully arranged scene. The lack of natural light posed an unforeseen obstacle, casting a gloomy atmosphere that clashed with the vibrant and appetizing imagery I had envisioned. Conversely, the summer sun presented a different set of challenges, flooding my carefully set-up scenes with an excess of harsh, unyielding light, washing out the colors and textures I had worked so diligently to capture.

THE DIRECTION OF LIGHT



Lighting is a fundamental aspect of photography, wielding the power to shape the mood, depth, and overall impact of an image. Among the myriad options available, one lighting technique that holds a special place in my creative arsenal is side light—an approach that lends a distinctive character to my photographs.

Side Light

Side light, as the name suggests, involves positioning the light source to one side of the subject. This method has become a signature element in my work, influencing the way shadows dance and highlights play across the composition.

The allure of side light lies in its ability to carve out textures, creating a dynamic interplay between light and shadow that adds depth and dimension to the subject. Whether it's accentuating the rugged details of a textured surface or casting a soft glow across a portrait, side light has the remarkable capacity to infuse a sense of drama and visual interest into the frame.

MISCELLANEOUS

Hard Light

Now, let's delve into the realm of hard light—a term that describes light that is unabated, unsoftened, and strikes the subject directly. In essence, hard light leaves little room for diffusion, resulting in stark shadows and well-defined contrasts. This technique can be particularly impactful in emphasizing the details and contours of a subject, creating a bold and dramatic aesthetic.

However, mastering hard light requires a nuanced understanding of how it interacts with different surfaces, as it has the potential to accentuate textures, highlight imperfections, and shape the overall tone of the image.



TIPS ON USING

NATURAL LIGHT FOR FOOD PHOTOGRAPHY

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