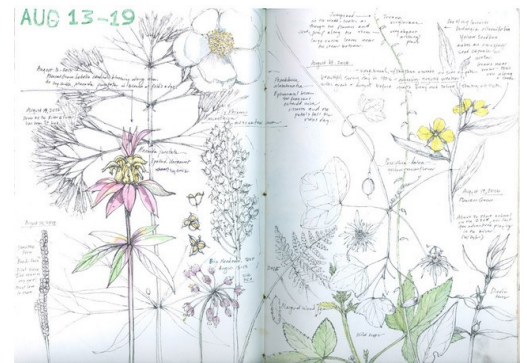


**American Society of Botanical Artists**  
25th Annual Meeting and Conference  
Pittsburgh 2019

**Creating a Perpetual Journal**  
Lara Call Gastinger

Friday, October 18, 2019  
1:00 pm – 4:00 pm



*In this workshop, Lara will detail the basics of starting and maintaining a field sketchbook and the many supplies and techniques she has used to keep a field journal for 18 years. We will work on tips for composing a page, adding text, using pen techniques, and adding watercolor.*

**Supply List**

- A journal. Page size should be around (does not have to be exactly) 6 x 9 (so when it is open, it is about 12 x 9). It should be an easy portable size. I also prefer hot press (smooth paper) and heavy weight (140 lb is ideal but hard to come by). Not spiral bound. I think the softer journals are best since they can open flat. Here are a few options.

- Strathmore – 500 series
- Stillman/Birn – Zeta series
- Fabriano academia sketchbook

- HB pencil

- Micron pens (I like 01, 005, 003, black or sepia)

- Portable watercolor brush (Niji water brushes are good, look for smaller sized tips)

- Portable watercolor travel set

- Small jar for water

- Portable light (we will be creating our journal pages in a classroom)

- Any local specimens from your yard that are in season that could be included in your journal.

**Instructor's Bio**

*Lara Call Gastinger is a botanical artist and illustrator in Charlottesville, Virginia. She was the chief illustrator for the Flora of Virginia Project after she received her master's degree from Virginia Tech in Plant Ecology. She has been awarded two gold medals (2018, 2007) at the Royal Horticultural Society garden show in London and her work has been in numerous ASBA exhibits and the Hunt Institute for Botanical Documentation.*