

*what you need for,*

D A R K F O O D  
P H O T O G R A P H Y

**W I T H J U S T A B O X**

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**TWO LOVES STUDIO**

# DARK FOOD PHOTOGRAPHY

## WHAT YOU NEED TO CREATE DARK IMAGES WITH A BOX.

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Ever wondered how photographers capture those really bold images of still life or dark food photography?

It's actually super simple, with just a few things that you probably already have!

### GEAR >

1. A deep box to shoot in (wooden or metal box preferred)
2. Negative fill cards, also known as black foam core
3. Clamps or sticky/blue tack to keep the foam core in place

For best results use an old wooden box if you have access to one. The texture of the box will add to your image. Your box should be deep enough that it will create shadows at the bottom of the box and the subject inside.

Having access to black foam core that is different sizes will allow you to play and really explore your subject.

### SET UP >

The set up for shooting in a box to create dark food photography is just a matter of setting your food in the box and surround it by negative fill (black foam core).

To set up, place negative fill cards around your box to reduce light bounce into the box.

Follow the diagram and tips on the next page for set-up.

## NEGATIVE FILL CARD PLACEMENT

Focus on the set-up should be where to place the foam core. You are wanting to block the light on three sides that are opposing to where the light is coming from.

- 1. Negative Fill Card 1:** Your first negative fill card should be placed on the opposite side to the light source to reduce light from bouncing back into the box.
- 2. Negative Fill Card 2:** Your second negative fill card should be placed at the back of the box. I've done this to reduce the light bouncing from off my white walls back into the box.
- 3. Negative Fill Card 3:** The last negative fill card to create dark food photography has been placed between the light source and the subject. This is to reduce the light falling onto the subject.



## TIPS

This set-up is really all about manipulating light and taking away light from the subject which can be really scary. I mean, we tend to think about photography being about getting as much light as we can.

Your focus should be how the light is falling on the subject and minimising it in the negative space.

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- 1. Distance:** You'll want to play around with the distance from the light source of this negative fill card to see how it reduces the light. Move closer and further away. Closer = less light. Further = more light.
- 2. Subject light:** watch how the light is falling on your subject in the box. Pay close attention to how this changes as you move the fill cards around.
- 3. Editing:** To get the most out of the image, you'll want to edit the image to selectively to reduce exposure around the subject. Use local adjustments like the radial filter and graduated filter in Lightroom.

*happy shooting!*