

RETROSPECTIVE  
THIRTY YEARS OF PHOTOGRAPHY  
Niall Benvie



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# MENU

NUMBER 14 • JUNE 2020

Freedom!  
So, where to now?

FOOD AND PHOTOGRAPHY RETREATS  
with the Bennies

The bug set  
Making and lighting

Charlotte makes  
Mackerel with orange and fennel salad

Introducing  
Eliot Porter

Our story in  
50 Objects



eLearning  
A new way of sharing with you.

Iona makes  
French baguette. In France.

BOOKS FOR INSPIRATION  
LYS

all new edition

## THE FIELD STUDIO

HOW TO CREATE PERFECT PORTRAITS OF NATURE ON WHITE.



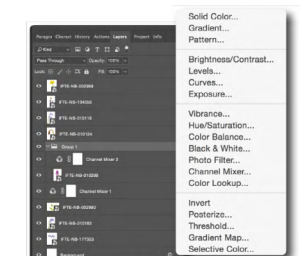
Niall Benvie

finishing your photographs  
COMPOSITING TECHNIQUES

Creating depth

We can build upon what we've learned already to create depth in a composite. I do this by greying-out some elements so that they appear to recede. Although they are much lighter than the principal players - and provide less visual competition - they are still darker than pure white so can be laid out using the Darker Colour Blending Mode.

Start by moving all the layers whose content you want to be in the background to the bottom of

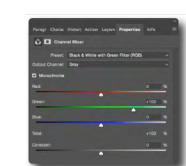


the Layers Palette, just above the background layer.

Select the top one of these and apply a Channel Mixer Adjustment Layer to it. When the dialogue box appears, tick Monochrome and choose a preset that is neither too flat nor too contrasty. Once applied, every layer beneath that adjustment layer is made monochrome.

You now need to adjust the opacity, not of the Adjustment Layer but of the image layers until it fits the right tonality.

In the example here, I've made two Adjustment layers so I can use different presets. But this is getting picky.



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# MENU

NUMBER 15 • SEPTEMBER 2020

Boredom

Your best creative ally

Set skills

Beautiful light with just one flash

Charlotte makes  
Autumn pie

The case for  
wildness

Introducing  
Peter Cairns

Our story in  
50 Objects



FOOD AND PHOTOGRAPHY RETREATS  
with the Bennies

eLearning  
New courses, new inspiration

WEBINAR PROGRAMME  
Free and fascinating

## The Heights of Torridon

AN AUTUMN LANDSCAPE  
AND MACRO PHOTOGRAPHY RETREAT  
IN NORTH-WEST SCOTLAND, 2ND - 9TH NOVEMBER 2019

FOOD AND PHOTOGRAPHY RETREATS  
with the Bennies

Composition is one of the most challenging aspects of food photography, but one in which the photographer can control every element through careful placement.

I explain the principles of hierarchy, the relationships between colours and their significance; framing; and perspective. The primary takeaway: a systematic understanding of the principles of composition. Secondary: better appreciation of composition in other disciplines.



## ALLADALE

The Alladale Aquaponic Gardens

The gardens on the other side of the stream, commissioned in July 2020, are built on the principles of a Recirculating Aquaculture System (RAS) known as 'Aquaponics'. This is a circular, symbiotic process in which the biological waste of fish is converted into plant food for salad crops, herbs, vegetables and fruits; a technological balancing act to control two separate but interdependent biological systems, with minimal environmental impact. This system ensures complete food security for all our guests who stay on the Alladale Wilderness Reserve as well as members of the local community.

Welcome to the future of local food production.

ALLADALE  
WILDERNESS RESERVE  
WINNER  
2020 NATIONAL GREEN AWARDS

- Scottish black bee interpretation centre
- Compost boxes
- Raised vegetable beds
- Gooseberry / blackcurrant bushes
- Herb octagon
- Flower bed
- Sculpture
- Bench
- Stone table
- Greenhouse
- Willow Education Centre
- Root vegetable beds
- Wormery and compost bed
- Lavender and flower bed
- Zero waste wicking beds
- Fish house
- 10 000 litre water storage
- Aerobic digester
- Fruit and vegetable beds
- Greenhouse
- Nerfed framed fruit cage
- The barn



THE AQUAPONIC GARDEN'S MISSION

- To provide local access to fresh, wholesome, uncontaminated food;
- To demonstrate the very best example of a zero food miles and zero waste food production system in the race to cut global carbon emissions;
- To guarantee that no pesticides, chemical fertilisers or anti-fungal treatments have been used;
- To ensure we have healthy local people in our community, both physically and mentally;
- To promote an exemplary, sustainable, self-sufficiency food production system that can easily be replicated and scaled-up;
- To encourage environmentally and nutritionally educated communities;
- To showcase a unique response to the national decline of the nutritional content of all salad crops, vegetables, herbs and fruits;
- To engage with local schools, local charities and local enterprise;
- To raise awareness that less than 5% of water can be used compared with a traditional horticultural systems;
- To build social capital and local community engagement.

in association with



GREEN ENERGY: Alladale operates a micro hydro-electric turbine which covers the majority of our energy requirements around the Reserve.

## INSPIRATION from NATURE

10 FREE WEBINARS TO REFRESH YOUR CREATIVITY.



hosted by  
NIALL BENVIE

Starting 7th January 2021  
20:00 hrs Central European Time  
Register before 1st January 2021  
at office@foodandphotographyretreats.com  
www.niallbenvie.eu

GRATIS

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GRATIS

## FOOD COMPOSITION

Niall Benvie • office@foodandphotographyretreats.com • 01356 626 768 • 07898 788 255

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IN AFFINITY PUBLISHER

**T**HIS THREE PART one-to-one eLearning course prepares you to create your own PDF eBooks as well as promotions. We think this is an essential skill to help distinguish your offer as a photographer...but there is a bit more to it than that.

Many of us who were reliant on income from workshops, tours and Retreats before the pandemic have been left squirming like worms on a hook, trying to get traction in some other income stream. And from our experience - we've produced three in the last 9 months - eBooks turn a profit, so long as you create, publish and sell them yourself. With a margin on our titles of between £7.50 and £9 per copy (after VAT) they are worth putting some time into.

Outside North America, photography eBooks have never really flown, I believe, because there are just not enough being produced to a high standard. So, rather than thinking more of us selling eBooks is just more competition, think instead that the more folks produce good eBooks, the more interest is created in everyone's products, especially if a hub can be created for their promotion and distribution. We haven't yet reached that critical mass. But that's another conversation. Right now, I'd like to outline the content of our course. Whether you want to produce eBooks or simply brochures and fliers that, well, fly, we work together to get you to the stage with Affinity Publisher that you are producing material that looks as professional as your photography.

### 1. The concept

- What is the eBook about?
- Who is it for?
- Why should they buy it?
- Colours and what they signal.

### 2. Creating the document

- Web or print?
- Colour management
- Other parameters
- Integration with other Affinity apps.

### 3. Defining and creating Master pages

- Figuring out sections and their layout
- Rulers, grids and guides
- Establishing a hierarchy of information
- Importing Artboards.

### 4. Typography basics

- Font choice and mixing
- Tracking, kerning and leading
- Good typo manners: orphans and widows; justification; hyphenation; drop capitals;
- Text flowing and hyperlinks.

### 5. Images

- Choice
- Embedding
- Resolution
- Scaling
- Cropping.

### 6. Preflight checks

- Review of common issues and errors.

### 7. Export settings

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with *Niall Benvie*

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