



{The Landfill Orchestra }

Play with your food!



Paper Plate maracas

Supplies:

Two paper plates
Stapler and staples
Single hole punch
Floral wire or twist ties
Pop tops (removed from soda cans)
Dried beans
Dried rice
Dried small pasta like macaroni
Unpopped popcorn
Crepe paper streamers
Markers or crayons,
Finger paint
Glitter
Glue



Instructions:

Place beans/rice/popcorn, etc. either in between two paper plates or fold one paper plate in half. Staple the edges of the paper plate(s).

If you'd like to add a tambourine effect, single hole punch around the edges of the paper plate (if you are combining the maraca and tambourine, make sure to staple far enough away from the edge so you can hole punch cleanly around the edge).

Using either floral wire or twist ties, loop through the pop top and the hole punches around the edge and twist the wire/tie to secure the pop top.

Decorate the paper plates and play!



Shakers

Supplies:

Any plastic container with its top (milk jug, soda bottles, water bottles, etc.)

Plastic or metal coffee cans with lids

Cardboard oatmeal containers or salt boxes

Dried beans

Dried peas

Dried rice

Un-popped popcorn

Masking or shipping tape

Markers

Multi-color paper

Yarn



Instructions:

Be sure that the interior of the shaker is clean and dry.

Place a handful of beans/peas/rice/popcorn in the container and secure the lid. You can also use soda cans and will need to tape over the hole once the shaking material is inside.

Decorate the outside of the container and play!

Drums

Supplies:

Coffee cans with plastic lids, cardboard oatmeal containers or salt boxes

Long, firm vegetables or fruits (such as carrot, zucchini, celery stick, etc.) or hard bread sticks

Construction paper, markers, crayons, finger paint

Instructions:

Decorate the outside of the can/container/box

Secure the lids or tape over the salt box dispenser so it doesn't open accidentally

Using the firm vegetable or hard bread stick, play on your new drum



Rain sticks

Supplies:

Paper towel tube or bath tissue tube
Potato chip canister or other long - cardboard tube
Aluminum foil
Small dried beans
Unpopped popcorn
Dry rice or tiny pasta
Small seeds
Brown grocery bag paper or construction paper
Glue
Scissors
Crayons or markers



Instructions:

Gently decorate the outside of the tube, be careful not to damage the outside of the paper tube

Trace around the end of tube or canister onto a piece of brown or construction paper.

Draw a bigger circle (about one-inch larger) around that circle. Draw evenly-spaced spokes between the two circles. Cut around the large circle and on the spoke lines.

Put glue on the spokes and glue this cap onto one end of tube.

Cut a piece of aluminum foil that is about one and half times the length of the tube and about 6 inches wide. (About 16 inches for a paper towel tube or 8 inches for a bath tissue tube.)

Crunch the aluminum foil into two long, thin, snake-like shapes. Then twist each one into a spring shape.

Place the aluminum foil "springs" into tube.

Pour a handful of beans/ rice/popcorn or other small seeds into tube. The tube should only be about 1/10 full.



Repeat the first three steps to close the other end of the tube.

Solo cup guitar

Supplies:

Large plastic Solo cup
Various widths of rubber bands
Drinking Straw (optional)

Instructions:

Secure different widths of rubber bands around the Solo cup

Make sure the rubber bands go from widest to thinnest

On the open end of the cup, you can either pluck or run your finger across the rubber bands

(Optional) You can use the drinking straw to blow air across the rubber bands (this is rudimentary version of how vocal chords work)

Vegetable instruments – [Growing Sound](#)

[Carrot kazoo](#) -

1x Medium to large carrot (or another vegetable –cucumber - you can drill into a tube)

1x Kitchen Knife

1x Drill

1x Longish drill bit, say 15mm, long enough to drill a hole lengthways through the carrot.

A small piece of waxed paper

Make a cut across the carrot to create a flat end to drill into. Carefully drill a hole through the carrot lengthways. Check you can sing or talk down the carrot. If you can't, the hole is probably blocked or not big enough. Drill another large hole from the side of the carrot into the center of the bore. Cover the side hole with greaseproof paper and lightly hold in place with your fingers around the edges. Start singing ...

The key to this instrument is to find the frequency the paper wants to rattle, so experiment with singing at different pitches. You might need to fiddle with the paper to get it to work. It should be covering the hole so it gets moved by the air, but not so tightly held that it can't rattle. You can hold the paper in place with your fingers or elastic bands, but this must not be on top of the hole, otherwise you stop the paper moving.



Watermelon drum –

Supplies:

1x Watermelon (you can also use other sorts of melons, but they need to be quite large)
1x Large kitchen knife
1x Large strong desert spoon or ice cream scoop
1x Large bowl (bigger than the melon)
Water
2x Carrots (or similar) for beaters



Instructions:

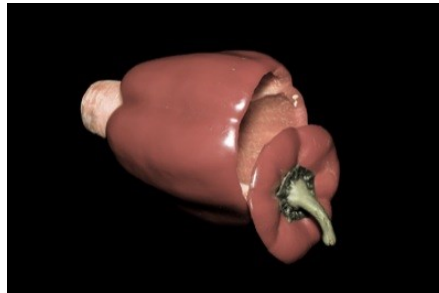
Cut the watermelon into uneven halves, you need about 2/3 of the melon. Scoop out the flesh, this takes some time. Leave some of the flesh around the cut-edge, because this helps to weigh down the drum in the water. Half fill the bowl with water and float the watermelon cut side down in the bowl.

If the drum is too quiet, you could try scrapping out more of the flesh. The loudness of the drum varies depending on the properties of the melon skin. As you play the drum gradually lift the edge of the melon out of the water. Not only does this make a wonderful sound, it also makes a louder sound.

Pepper shaker -

Supplies:

1x Large pepper
1x Kitchen knife
1x Pack of rice
1x Pack of shelled peanuts
Different sizes of seeds
1x Roll of gaffer tape
1x Carrot (mouthpiece)



Instructions:

Cut around the stalk, into the pepper so that you can remove a 'lid'. Ensure the seeds and the rest of the insides of the pepper are removed, being careful not to pierce the side of the pepper. Fill the pepper with rice or nuts and replace the lid. Hold onto the lid and shake the pepper to create the sound.

Experiment with different contents and see what happens to the sound.

The pepper can also be turned into a drum. First empty out the pepper so you have a large empty air cavity inside the pepper. Stretch a piece of gaffer tape over the hole ensuring it is taut. Now tap the tape to see what sounds you can create.

Or the pepper can be turned into a horn. Cut around the stalk, into the pepper so that you can remove a 'lid'. Ensure the seeds and the rest of the insides of the pepper are removed, being careful not to pierce the side of the pepper. Hollow out a large carrot and cut in half. Cut a hole in the remaining end of the pepper and insert the carrot. Blow through the carrot.

Daikon radish scraper (guiro) -

Supplies:

- 1x Hard fruit or vegetable, we used a Daikon (Japanese radish), because they are long and hard.
- 1x Kitchen knife
- 1x Carrot (or similar) to do the scraping



Instructions:

Cut ridges into the vegetable. Scrape with the other vegetable. Sometimes this instrument can be rather quiet because vegetables are not hard enough. By placing the end of the scraper on a table (or maybe a Tupperware box) the vibrations can pass from the scraper into the table and amplify the sound.

Butternut Squash Udu -

Supplies:

- 1x Butternut Squash (the bigger the better!)
- 1x Drill
- 1x Large diameter drill bit e.g. 32mm
- 1x Long drill bit e.g. 15mm, long enough to drill from the top of the squash to the seed cavity.
- 1x Large strong desert spoon or ice cream scoop



Instructions:

Cut the top off the squash to make a flat surface. Drill from the top using the long bit (slowly and carefully!), until you reach the cavity where the seeds are. Drill from the side into the seed cavity using the large drill bit. Hollow out the internal cavity removing the seeds and squash flesh. The best instruments have a large internal cavity without debris which otherwise deadens the sound. The hole in the side should be large so that lots of

air is moved when you slap your palm across it – this will make the instrument as loud as possible. However, it shouldn't be so large that you lose the cavity. The hole in the top is usually a little smaller. Flaring it at the top (think of the bell on a wind instrument) might also make the sound louder. Please note drill size is approximate.