

Between Earth and Sky

The Delights of Dirt Candy

Amanda Cohen thinks fresh fruits and vegetables are as sweet as candy. She calls them “dirt candy.”

Dirt Candy is the name of Amanda’s New York restaurant, too.

Amanda likes to cook with seeds and nuts—even sunflower seeds and pine nuts.

“I was never a picky eater,” says Amanda. “I was always willing to try everything.”

When Amanda makes a salad, she tops it with candied grapefruit pops. She takes juicy pieces of grapefruit and dips them in a sweet coating. Then she puts them on a stick.

She also puts teeny-tiny grilled-cheese sandwiches in her salad.

Amanda’s candied fruit pops might be a nice way to celebrate this journey. Ask an adult to help you make some! Dip them in whipped cream, in honor of Dairyland! If you like nuts, dip them in a sweet nut cream made from nuts and apple juice.



Amanda says oranges, bananas, strawberries, and star fruit are also good choices for fruit pops.

AMANDA TOPS HER SALADS WITH SWEET FRUIT POPS.