Hello! My name is Gita. I’ve been making art from food since I was five years old. I love all the colors and shapes of vegetables and fruits and edible flowers.

Food is a wonderful connector and art materials are easy to find. Today we’re going to explore pop art. We’re going to make very pretty ice fruit popsicles. Summertime is a great season and there’s plenty of fresh ingredients available. You can forage for them in your garden, or go out in the wild, or get them at the farmer’s market. Remember that the more alive your food is, the more life it’ll give to you, and to your art. So try to get what’s growing really close by.

That’s for any fruit. Some fruits that are a little more tart than others you need to just up the syrup. But don’t put too much syrup because then the pops won’t freeze properly.

This is the time when you can get really creative and flavor your syrup with you know, lemon rind, orange rind, herbs like mint or basil. Just get creative—whatever your favorite flavors.

And then you let it cool.

Usually four cups of cut up fruit or berries yield you about two and a quarter cups of fruit puree. Measure out your fruit puree, and your simple syrup, and your water. Squeeze a little bit of lemon, add salt, and that is your pop base.
If the colors look good together, generally they taste good together.

Let’s now look at our finished art! Now go have some fun and make your own pop art!