Rock Candy

Materials

- 3 cups sugar
- 1 cup water
- Small pot
- Stove
- Cotton string
- Pencil (a dowel, chopstick, or ruler will also work)
- Clean cup, glass, or jar
- Optional: food coloring, flavor extract, Lifesaver candy

Instructions

1. Add the sugar and water to the pot and heat to boiling. Stir constantly.

2. Continue stirring the solution until all the sugar has dissolved. The liquid should be clear without any sparkly sugar.

3. If desired, add food coloring and flavor extract to the solution.

4. Place the pot of sugar solution in the refrigerator to cool to about 50 °F, which is slightly cooler than room temperature.

5. While the solution is cooling, tie a piece of string to the pencil. Place the pencil along the opening of the cup so the string is hanging inside. Trim the string so that it doesn’t touch the bottom of the cup. You can weigh the string down by tying a Lifesaver candy to the bottom of the string.

6. Prepare the string by dipping it into the sugar solution, then allowing the string to dry.

7. Once the sugar solution has cooled, pour it into the cup and hang the prepared string in the liquid. Set the jar aside. You may want to cover the jar to keep the solution clean.

8. Allow the crystals to grow on your string for 3 to 7 days. If any sugar crystals grow on the top of your liquid, remove (and eat!) them. If a lot of crystals form on the sides and bottom of your cup, remove your string, pour the liquid into a small pot, and repeat Steps 2 – 4. Once the solution has cooled, pour it into a clean cup and add your string.

9. When the crystals reach the size you want, remove the rock candy and allow it to dry.