



Watertown Farmers' Market Culinary Corner

July 22, 2020

Welcome to Eat Well Watertown's Culinary Corner! Each week, we'll feature Watertown Farmers Market products and vendors. We'll offer nutritional and culinary tips, and recipes for you to experiment with. We hope that you'll be encouraged to try new or unfamiliar vegetables and fruits, and we'll help you pair them with meats and fish from the Farmers Market walkway.

Microgreens

Written By: Eat Well Chef Natalie Tarbet

This week we are focusing on micro-greens because We Grow Microgreens, an urban grower in Roslindale, is back with us. The last time they were available at the market, I ate half my box before the end of the afternoon and the other half for breakfast the next morning. I am particularly partial to the nasturtiums sprinkled on top. Nice and sharp, like a very strong radish. But flowers are only a small part of the company's offerings. They farm some twenty different vegetables and herbs, in soil and with ample sun and collected rainwater, harvesting only the tender stem and first real leaf, before the plants mature into their stronger-tasting selves. In your box you're likely to find broccoli, kale, pea shoots, daikon radish and "conventional" radishes, sunflower, amaranth (protein powerhouse). In their booth the farmers also offer stand-alone plants for home cultivation.

For more information on the nutritional value of microgreens, see this in-depth analysis by Market Volunteer, Melinda Dennis, MS, RDN, LD.: [Small Produce, Big Impression](#)

There are countless ways to develop and indulge in the microgreen habit. I had some over ripe mangos in the fridge and made an impromptu dressing for my remaining half-box (recipe below). Vegans take note: this one's for you!

Want a more robust preparation? Cut kernels off as many ears of Dick's corn as you need and mix them with as many fistfuls of microgreens as you please. Then sliver on top whatever leftover roast beef (or chicken) you may have in the fridge (this is a good way to make a skimpy leftover look generous). Apply a dollop of your choice of one of Sa's sauces and serve with OMG bagels torn into bite-size pieces. Offer additional sauce on the side.

Microgreens invite improvisation, of course, and welcome whatever additions of heat, veggies, herbs and sauces your heart desires: add them on top of pizza, pasta dishes, and soups or stews or incorporate them into sandwiches, omelets, a stir-fry or smoothies. Wonderful all year round, they are especially gratifying in summer for their versatility and the ease with which they give your dinners the nutrition they need.

Mango Sauce

Thanks to Mollie Katzen, The heart of the Plate, for the inspiration.

Up to 3 very ripe mangos
1 T wine vinegar
Fresh garlic to taste, chopped
Scant salt
1 T lemon juice
5 T EV olive oil

Place in a blender and process to produce a vinaigrette consistency.
Adjust quantities to suit your taste.