



Watertown Farmers' Market Culinary Corner

August 26, 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.

Veggie Wagons (or Trains)!

A Fun Creation to Encourage Kids to Eat Their Veggies

Written By: Market Volunteer Linda Scott

This is a simple project that you can do with young children. Any of the cutting can be done by you, and the assembling can be done by the kids. You'll need peppers (red, green, orange, yellow, or purple) and assorted other vegetables that can be sliced (carrots, celery, etc.). You will also need a cucumber or a zucchini squash.

1. Wash, cut and seed the peppers (see photo of finished product). I try to make sure that the bottom of the pepper is the least wobbly. You can use the cut off (top) part as more vegetable strips for the wagons.

2. Wash and slice cucumbers or zucchini into "wheels".

3. Wash, peel (if necessary) and cut celery and carrots, peppers, etc. into strips (see photo).

4. Using toothpicks, help children attach 4 cucumber or squash "wheels" to the bottom of the peppers. Hint: 2 toothpicks inserted into the fleshy (not seedy) part of the cucumbers works best.



5. Have the children choose and stack other vegetables into the wagon.

6. You can add their favorite healthy dip or dressing to the bottom of the wagon before inserting vegetables or have the dip or dressing on the side.

Besides being fun, you may find that your child enjoys eating their vegetables more after creating their own veggie wagon!

What To Eat With Your Veggie Wagons

Written By: Eat Well Chef Judy

You hope that your children will eat their veggies “as is”, but sometimes you need to add a little encouragement, and dips are the perfect answer, especially if the children are allowed to make the dips themselves. These instructions are written for children to follow, but grown-ups can help if absolutely necessary.

Start with plain unflavored yogurt, preferably Greek which is rich and creamy, but any other type will work just as well. If your children are lactose-intolerant, or you’re a dairy-free household, use a non-dairy yogurt instead. Put a dollop (how much is a dollop? You ask. Whatever amount you think/hope your children will eat, with enough extra to share with Mom/Dad/siblings/friends, etc.) Stir or whisk the yogurt until it’s a nice creamy consistency, with the liquid all mixed in.

These suggestions include adding a small amount of salt, but if you don’t like to add salt to your food, just leave it out.

Choose add-ins and seasonings that your children will eat; possible combinations include:

1. **Gentle guacamole:** (i.e. leave out the hot peppers and garlic unless your kiddies are used to eating them). Mash up some avocado with a fork, squeeze in some lime juice (or lemon juice, if you prefer), and a dash of salt.
2. **Lemon and Dill:** Squeeze some lemon juice into your yogurt. Not too much – you can always add more, but you can’t remove it. Wash some fresh dill and have an adult chop it finely. Mix it in, with perhaps a small pinch of salt. Or add some grated parmesan cheese.
3. **Herbs and honey:** Squeeze some lemon juice into your yogurt. Stir in a squish of honey, or a sprinkling of powdered sugar and a small pinch of salt. Have an adult chop fresh herbs (there are so many to choose from; experiment to see which ones you like best).
4. **Cucumber and Mint:** Peel some cucumber and have an adult chop it into very small pieces. Then have them chop up some fresh mint. Mix them into the yogurt with a small pinch of salt.

Non-yogurt based dips include pesto, hummus, salsa, or any of the wonderful dips you can buy from Habibi and Sa’s Homestyle Sauce at the Farmers’ Market.

Now that you’ve made your dips, remove the “cargo” from your Veggie Wagon, and dip away. Then it’s time for the cucumber wheels, and finally, when all that’s left are the pepper wagons, break them into smaller pieces and scoop up any dip that hasn’t already been eaten.