



Watertown Farmers' Market Culinary Corner

September 9, 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.

The Gang's All Here!

Written By: Market Volunteer Linda Scott



Meet the Creature-Snacks! (From left to right).

Meet Leonard, the many legged swamp creature. Notice his handsome cashew legs and cute celery antenna that help him to sense danger so he can bury himself in mud. He may have many legs, but he sure is slow!

Sammy Snail is next. He just loves crawling around with his friends. He has a protective shell that he uses so that other animals can't eat him.

Speaking of friends, this next fruity treat is Freida. With her raspberry head and blueberry body, she is so sweet! Her long, skinny body helps her to hide in small places when a hungry bird sees her.

Finally, meet Gordon, the flying bat-let. Notice his large mouth. Gordon wouldn't hurt a fly, but his unusually large mouth keeps scary critters away from him.

These are just a few of the fun, edible pretend and real creature-snacks that you and your children can create using fresh fruits and vegetables.

A Few Tips:

- Use local, in season produce. It's fresh and nutritious!
- You can attach the pieces with toothpicks, skewers, cream cheese, peanut butter, or hummus from Habibi.
- When trying to attach feelers on the head (tomatoes or grapes), simply cut a slit and squeeze slightly to insert them.
- When using celery as the base, slice a small strip along the rounded bottom to make the creature more stable and less likely to fall over.
- You can get edible candy eyes (Wilton candy eyes) at Target or Michaels to attach to your creature. You can use icing to attach the eyes, but cream cheese or peanut butter work pretty well.

Learning Activities:

If you'd like to turn this into a learning activity with your children, you can:

Language Arts: Create names and stories about the creature you've created (before you eat them!)

Science: Introduce your child to adaptations in nature OR you can also ask the Watertown librarians to suggest age appropriate books on this topic. Your child can then explain why he/she made their wings so big or their legs so long, etc.

Art: Draw a background for the creature and take a picture of it in its habitat before you devour it.

Happy critter creating and eating!!

Linda Scott is a retired teacher, teacher trainer and consultant. She is a longtime Watertown resident who loves gardening, rescue dogs, the Watertown Free Public Library and, of course, the Watertown Farmers Market!