



## **Watertown Farmers' Market Culinary Corner**

**October 14, 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.

### **End of the Season Kid's Activity and An (Early) Shoutout to Halloween**

Written By: Market Volunteer Linda Scott

This is our last, and by far the easiest, healthy snack/kid activity idea of the 2020 Watertown Farmers Market!

Simply buy some beautiful, in season apples. Slice them into fairly skinny slices for lips. Smear with peanut butter (or Sweet Tahini's sesame butter if you bought some last week) on one side. Add mini marshmallows for teeth. Assemble and eat! Add candy eyes if you're being a bit more fancy.

Tip: if you'd like to photograph your apple lips, you may want to have more than one row of marshmallows to stabilize the top lip.



Using your imagination, I'm sure there are many more improvements and additions that you and your child can make to these lips!

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!