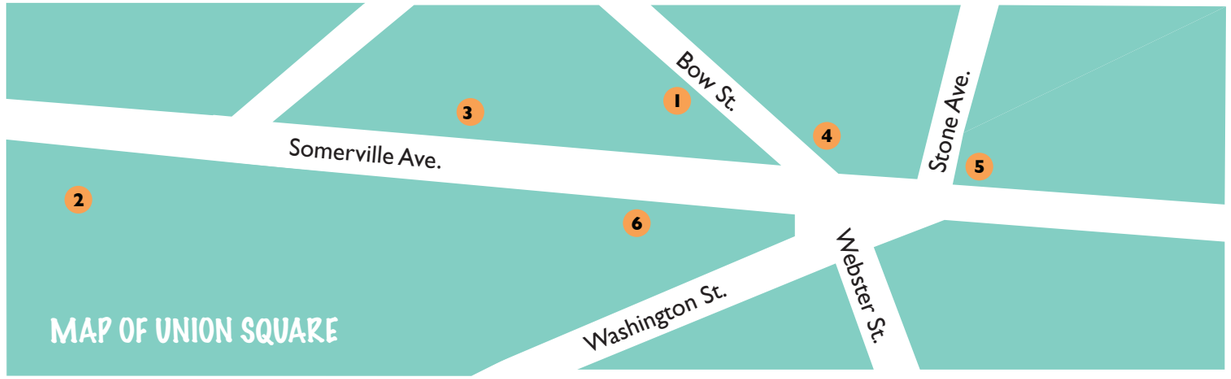

The Arts Council's Obsession With Food

From the start of ArtsUnion, a project designed to spur the cultural economy of Union Square, we have aimed to cultivate and celebrate the existing cultural assets of Union Square: food from around the world, diversity, and a vibrant arts community. Since then, we've added food programming: foodie events like the Ignite! Street Food Festival and, of course, the What the Fluff? festival, curated by our ArtsUnion partner, Union Square Main Streets. In addition to the international market walking tours in 2013, we launched pop-ups restaurants, and taught Nibble cooking classes at local restaurants and at Union Square's culinary incubator.

Nibble Blog

We have found that food not only propels cultural tourism, it is also a universal form of expression that conveys countless stories about cultural identity, and a rich sense of place. Several years ago, we launched Nibble, a blog about the intersection of food, art, and culture in Union Square. The Nibble blog shares tasty tales, news, and resources to encourage you to eat your way through the Square. You can find a complete list of the local eateries: over 50 restaurants, and international food markets offering flavors from around the world.

Nibble Book

The success of the blog eventually spawned the Nibble book, which explores how food and culture play an important place-making role in Union Square. The square is a very special neighborhood; it is diverse, artsy, yet has enough grit to keep things interesting. The Nibble book aims to capture this dynamic—and delicious—sense of place. It is available at Porter Square Books and on our website at:
www.somervilleartscouncil/Nibblebook

1. **Capone Foods**
   14 Bow Street
2. **Little India**
   438 Somerville Ave.
3. **New Bombay Market**
   359 Somerville Ave.
4. **Reliable Market**
   45 Union Square
5. **Mineirão, One Stop Market**
   57 Union Square
6. **La Internacional Foods**
   318 Somerville Avenue

For more information on Union Square restaurants, markets, cooking classes, market tours, and other Nibble events visit:

www.somervilleartscouncil.org/nibble

Follow us on Facebook & Instagram:
SomervilleArtsCouncil

Cooking Classes

Sign up for one of our hands-on cooking classes! At the end sit down and feast upon your hard work. We have taught folks how to craft Salvadoran pupusas, Nepalese momos, and Mexican mole, among numerous other adventurous global dishes.

Market Tours

Come to Union Square and walk around the world! Discover the delicious diversity of the square by taking a walking tour of the global markets featured in this guide, or use this brochure to take a self-guided tour. Each group tour visits three markets. Tours are free but we encourage you to buy a few treats during the tour!

Culinary Entrepreneurship Program

This program empowers members of our local immigrant communities to explore what it entails to launch a culinary career. Our first "batch" of NEP participants started in early 2015, and are comprised of a collective of cooks who hail from Brazil, Mexico, Colombia, Venezuela, India, and Somalia-by-way-of-England.

Festivals & Nibble Events

Come to one of our pop-up restaurants or food festivals to celebrate Union Square's sizzling food landscape, such as **Ignite! A Global Street Food and Fire Festival,** where we offer an evening of international eats, fire throwers, roving entertainment, and a raucous celebration of international culture.

Local Eateries

All the information that you need to choose your next food destination from sushi rolls, Indian samosas, Peruvian barbeque chicken, to German pretzels and American traditional burgers can be found in the Nibble blog's Restaurants section. We detail the locations, business web pages, hours of operation, and even prices of the Union Square restaurants!

www.somervilleartscouncil.org/nibble

somerville arts council

massculturalcouncil.org

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THE SOMERVILLE ARTS COUNCIL &
MAYOR JOSEPH A. CURTATONE PRESENT:

INTERNATIONAL MARKETS TOURS IN UNION SQUARE, SOMERVILLE

www.somervilleartscouncil.org

Capone Foods

14 Bow St. | 617.629.2296
Owners/from: Al Capone & Jennifer Hegarty, Argentina
Most customers hail from: Somerville and restaurant buyers from greater Boston

In the back kitchen of Capone Foods, a machine dubbed "the Extruder" pumps out between 200–300 pounds of fresh pasta each day. Over 20 specialty pastas are available, including enticing flavors such as saffron, wild mushroom, squid ink and co-owner Jennifer Hegarty's favorite: rosemary and garlic. Pair these pastas with one of Capone Foods homemade sauces; ask for the pairing chart, which suggests delicious combos. Most of the recipes at Capone Foods were handed down from Al Capone's mother, Nina, or developed by Al himself. The store also stocks a selection of olive oils and vinegars, as well as make-your-own cannoli kits—serve them at your next dinner party and pretend you made them from scratch. More info at: **www.caponefoods.com**

Little India

438 Somerville Ave. | 617.623.1786
Owners/from: Dipti & Umesh Mistri, Mumbai, India
Most customers hail from: Bangladesh, Pakistan & India, primarily the Punjab region

Here you'll find a wide assortment of lentils and rice, including both white and brown basmati and the aromatic sona masuri variety. The Mistris also sell spices galore, including mustard seed, pomegranate powder, amchoor (green mango) powder and black and green cardamom. Ask Dipti Mistri about the medicinal value of spices and produce and she will offer you a wealth of information. For example, bitter melon is good for diabetes, and turmeric is excellent for colds and for putting on cuts. Each October/November, Little India shoppers will also find sweet delicacies and decorations for Diwali, the Hindu New Year. Additionally, the store carries wine and beer, including many Indian brews. Don't miss the Ladu—round sweet balls made of wheat, lentils, ghee and sugar.

New Bombay Market

359 Somerville Ave. | 617.623.6614
Owner/from: Jeetendra, Nepal
Most customers hail from: Nepal, Hailing from Katmandu, Hari Prasad

Jeetendra stocks his store with specialties from Nepal, including different forms of sweet lapsi (hog plum) a dried fruit that is used in achars (pickles) and sweet spicy candy. While there, take a whiff of the fragrant spice timur, which looks like peppercorns and is used in achar. The store carries products like papadam, dal (udad, chana and moong varieties), gram flour (made from dal), dried peas, red bitten rice, and buckwheat flour. Their spice collection includes star anise, amchoor powder and methi seed. You can also find equipment like momo steamers stocked among the shelves. Jeetendra explains that although over 80 percent of Nepal's population is engaged in agriculture, it is often much cheaper to import products from India, which is not landlocked.

Reliable Market

45 Union Square | 617.623.9620
Owner/from: Pokye Casserly Korea
Most customers hail from: Korea, Japan, and China

Shopping at the Reliable Market is like a vicarious trip through Asia. The shelves are laden with exotic products with labels in many languages. The produce is inexpensive and fresh. Asian staples such as daikon radish, scallions, ginger, tofu and Asian pears are always on hand. Look for rice toppings galore including bonito (salty fish) flakes, wasabi and rice crackers. Reliable also offers a shelf of kimchi, a mind-boggling array of noodles and rice, sashimi-grade fish, bulgogi (thinly sliced meats) and an excellent selection of Pocky and Pepero cookie sticks. They also have an impressive collection of saki, soju, beer and wine on hand. Check out their kitchen at the back of the store where they sell prepared foods.

Mineirão, One Stop Market

57 Union Square | 617.625.0022
Owner/from: Francisco Silva, Brazil
Most customers hail from: Brazil, yet Francisco makes a point of saying all are welcome!

In addition to fresh pão de queijo—addictive cheese puffs made with yucca flour rather than wheat flour— this market also sells a frozen variety as well as a mix for making your own. Shoppers will also find kits to make feijoada, the undisputed national dish of Brazil. Originating from Bahia, in eastern Brazil, it's made with various pork products (sometimes beef products too) and black beans. The market sells prepared feijoada at its buffet every Saturday; on the side, be sure to have some farofa (which has a consistency similar to farina cereal and is made from manioc/cassava flour). The market has an extensive selection of herbs imported from Brazil. Also consider sampling Guarana, Brazil's popular, highly caffeinated soda and their vast array of perfume and soccer shirts. More info at: **www.mineiraousa.com**

La Internacional Foods

318 Somerville Avenue | 617.776.8855
Owners/from: Nora and Byron Cabrera, Guatemala
Most customers hail from: Haiti and Central and South America

Customers come from as far away as Waltham, Mattapan and Malden for La Internacional's broad selection of Latin American and Haitian goods—and great prices. The store has so many Haitian customers that Byron has learned Haitian Kreyol from talking with the clientele! Nora estimates that they sell a thousand 10-pound bags of rice each week. Check out the selection of spices, which includes numerous varieties of chili powder, including chile mulato and chile poblano. This is also the place to go for authentic tortillas, queso fresco and crema, as well as Salvadoran products like flor de izote and loroco, and Haitian items, like rare djon djon mushrooms, yams, yucca and drinks like cornmeal-based Akasan.

Union Square Farmers Market

70 Union Square | 617-620-1497
Presented by: Relish Management LLC
Every Saturday
9am - 1pm, May - Nov.

Located in the central plaza at the heart of Union Square, the Union Square Farmers Market has been a neighborhood institution for over ten years. This weekly market offers the best locally grown and regionally produced agricultural items including vegetables, fruits, cheeses, eggs, meats, fish, breads, pastries, chocolates, wines and much more. In addition to the weekly staples, rotating vendors are featured each week. Come to sample artisinal jams, buy a loaf of homemade bread, and stay for the live music and entertainment. Cash, debit, credit, and EBT/ SNAP are accepted. More info at: **www.unionsqmarket.com**

Cultural Economic Development

By promoting and supporting food-related businesses and culinary entrepreneurs – especially from immigrant communities - we aim to spur cultural economic development and preserve the international flavor of Union Square.

Buy the Nibble Book!

It includes recipes, articles, interviews, and a local restaurant guide. It is available at Porter Square Books and on our website at: **www.somervilleartscouncil/Nibblebook**

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