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HEALTH

Mother Juice Makes Healthy Eating Fun



Photo by Altus Marketing and Management

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This mother will get you to eat your vegetables.

Mother Juice is officially open for business. You may recognize the name from the juice truck, which has made appearances at SoWa, the Financial District, Copley, and the Seaport. Although the original truck only offered juices, their new location hosts an array of healthy dishes – from acai and chia bowls to smoothies and salads.

With a large work crowd continuously flowing in throughout the day, Mother Juice already appears to be a hangout spot. Although the inside is relatively small, there's plenty of outdoor seating. For those who do snag indoor seats, the fun music and friendly atmosphere create a comfortable lunch time vibe—as long as you don't mind waiting for your salad. When I walked into the new Cambridge location around 1 p.m. on Thursday, there was a line out the door.

I'll admit that I've never really caved to the juice trend before, and generally lean towards bowls that contain burrito contents over quinoa. However, I was impressed with Mother Juice's ability to make vegetables fun to eat while making them taste great, too.

I started out by trying The Moju, their most famous juice. Not being a usual consumer of green liquid I was a little hesitant—but ended up happily downing it. The Moju contains plenty of vegetables: kale, cucumber, green pepper, and celery to name a few. But the fruit flavors of green apple, orange, and ginger disguised the veggies to create a delicious concoction that wasn't overly sweet or indulgent.

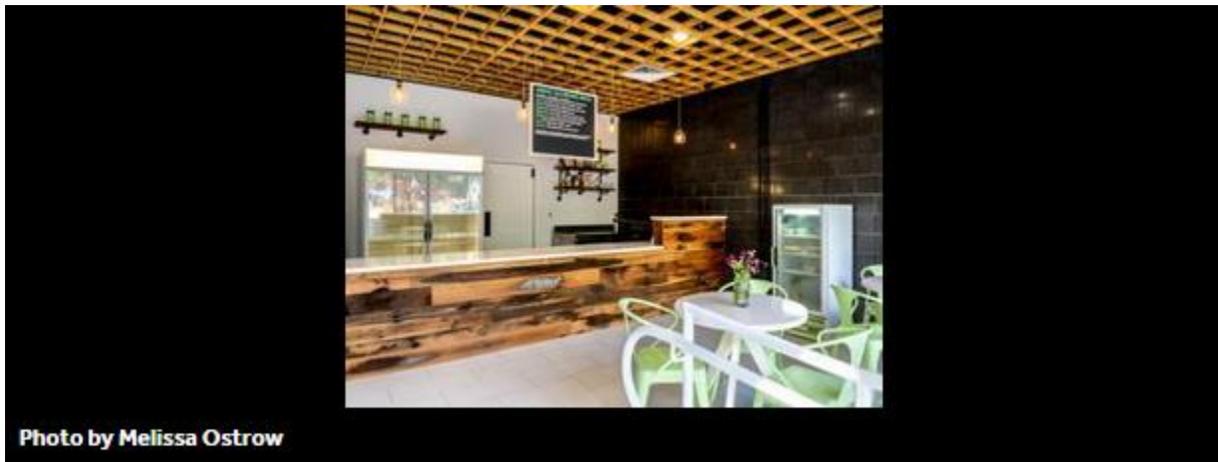


Photo by Melissa Ostrow

Owners Laura Baldini and Ellen Fitzgerald say that's the goal of the completely vegan establishment—tasty dishes that are guilt free.

“We want it to be a place to come hang out and have a juice and a salad, and fix whatever you did the night before,” Baldini said.

Baldini and Fitzgerald promise that if you try their most popular dish—the Keen-Whaaat—you won't be sorry. I decided to try it myself, and believe it or not, it gives a burrito bowl a run for its money.

The ingredients of the dish change constantly based on what is in season. This week, warm quinoa was topped with carrots, beets, kale and avocado, and then tossed with ginger-tahini dressing. The quinoa paired well with the beets and carrots, and the kale and avocado were deliciously fresh. The dressing was spicy, giving the dish a kick without overpowering the vegetables.

Like the Keen-Whaaaat salad, the menu is constantly changing because Mother Juice works with local farms such as Red Fire Farm, Enterprise Farm, Freight Farms and Siena Farms to find the best ingredients of the season.

“I think that the healthy, local food movement has gained a ton of traction in recent years,” said Fitzgerald. “The things that we’re doing are simple, the ingredients are always fresh. I think they kind of meet that demand that people are looking for.”

Even if all you care about is getting a satisfying dish at lunch, Mother Juice is worth a try. And for those who don’t want to cross the river, fear not. Mother Juice plans to be in the Financial District by spring.