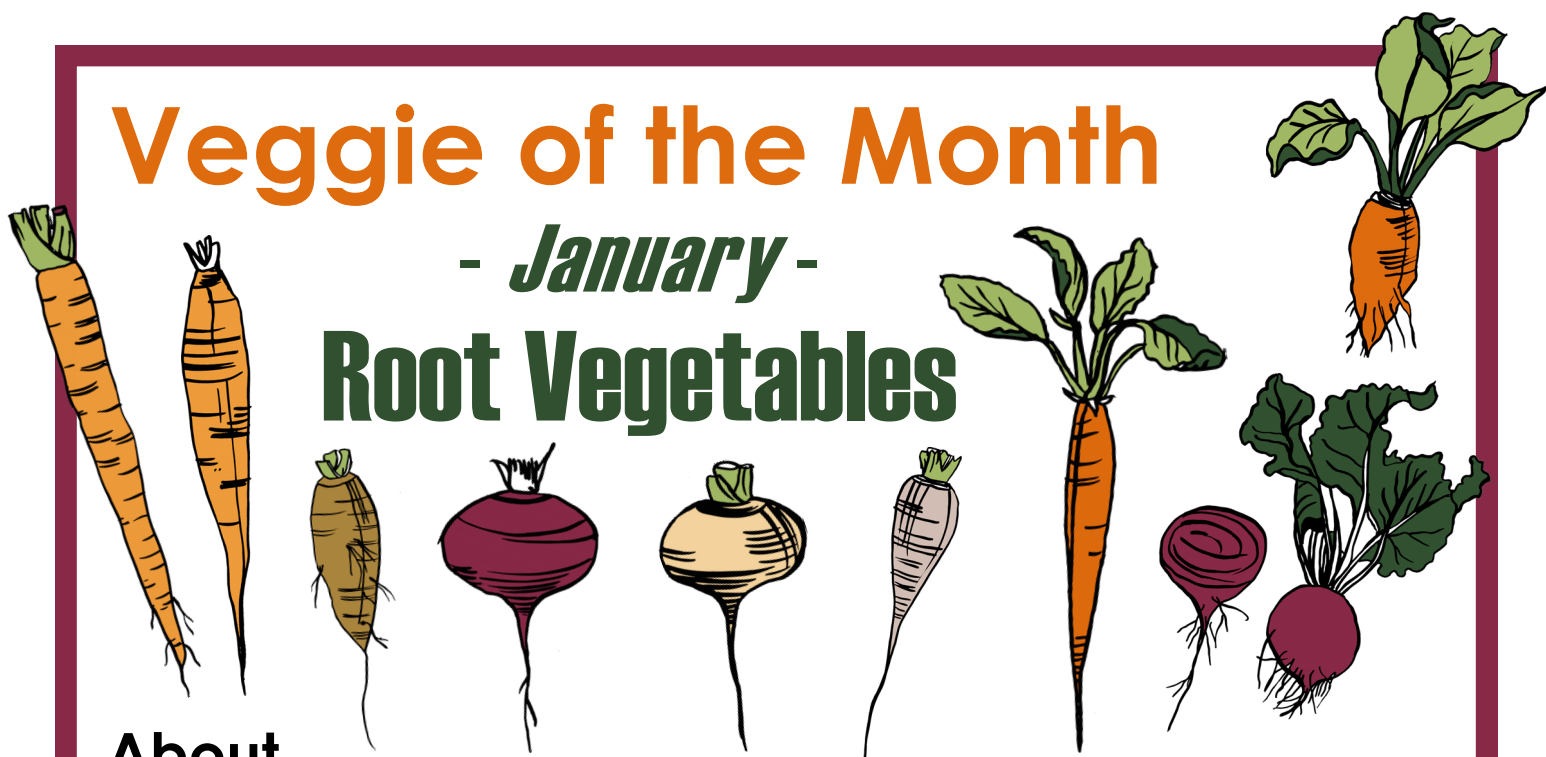


Veggie of the Month

- *January* -

Root Vegetables



About

Because root vegetables grow underground, they absorb a great amount of nutrients from the soil, making them some of the **most nutrient-rich vegetables in the world**. They may seem intimidating with their variety of gnarly shapes and thick skins, but root vegetables are versatile in the kitchen and delicious when prepared properly. Yams, beets, parsnips, turnips, rutabagas, carrots, yuca, onions, garlic, celery root, horseradish, turmeric, jicama, radishes, and ginger are all considered roots. Some are used as spices, while others are full of complex carbs, starch and fiber and can be cooked as the centerpiece of a side dish or main course.

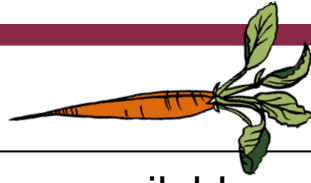
Did You Know?

Starchy root vegetables are staple crops in many parts of the world, and are **more important than grains** in places like West and Central Africa and Oceania.

Frosty temperatures convert the starch in root vegetables like parsnips to sugar, giving them a subtle **sweetness**.



Shopper's Tips



Most root vegetables are available year round, but their **peak season is fall through spring**, with the exception of beets, which are best summer through fall.

When selecting roots, the harder, the better. They should be smooth and free of gashes or bruises. Any stems should be firm and bright.

They're best stored in a cool, dark, humid room. When storing them in the refrigerator, keep roots in a paper or plastic bag in the crisper.

Nutrition Highlights

- Roots are packed with a high concentration of antioxidants, Vitamins C, B, A, and iron, helping to **cleanse** your system.
- They are also filled with complex carbohydrates and fiber, which make you feel full, and help **regulate your blood sugar and digestive system**.

Try This!

- For a tasty salad, slice carrots and beets thin and toss with a curry-pistachio dressing.
- Use a miso glaze on roasted parsnips for a warm dinner side dish.
- Grate carrots, beets and parsnips into green salads for extra crunch.
- Cream celery root, carrot and ginger for a soup that will brighten your day.
- Try baking sweet puff-pastry tarts with goat cheese, honey and thinly sliced beets.
- Add beet juice or finely chopped beets to marinades for a vibrant color.



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