

ROOT VEGETABLE MIX

FRESH FRUIT & VEGETABLE PROGRAM

All About Root Vegetables!

What are root vegetables? Root vegetables are roots of plants, which are used as vegetables. Examples of root vegetables are carrots, potatoes, radishes, turnips, onions, rutabaga, sweet potatoes, beets, parsnips, garlic, jicama, and radishes.

- Fresh sweet potatoes are cheap and are really easy to grow, so they become an easy staple in many households.
- Rutabagas are cousins to turnips and are actually a cross between a turnip and a cabbage, but they look much more like a turnip.
- Carrots are usually orange in color although purple, red, white, and yellow varieties also exist.
- Turnips are sweetest and have the best texture when they are small to medium sized (2 to 3 inches across). As turnips age the flavor gets spicier or bitter and the texture becomes tough and woody.

Root Vegetables are Rich in Nutrients!

- Since root vegetables grow underground, they absorb a great amount of nutrients from the soil. They are packed with a high concentration of antioxidants, Vitamin C, B, A, and iron, helping to cleanse your system.
- They are also filled with tons of fiber which make you feel full, and help regulate your blood sugar and digestive system.
- Adding up all of the nutrient qualities, root vegetables are disease-fighting, immunity and energy-boosting, and are also extremely versatile in cooking.



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