

## I Dig My Roots

This time of year, not much is growing in the ground. Most of the local vegetables that are available are the ones that farmers have harvested and put in storage. Much of this consists of roots, like beets, carrots, parsnips, turnips and radishes, or tubers and stems, like potatoes, sweet potatoes, fennel, celeriac and kohlrabi.

Learning to enjoy cooking and eating roots will go a long way to making winter more enjoyable. They are great tossed with a little oil and salt and roasted in the oven, or cooked in stews and soups. They are delicious in salads, either steamed and served cold in a vinaigrette, or raw in a salad or slaw. Roots are packed with nutrients - vitamins, minerals, fiber, antioxidants and phytonutrients.

This month we are featuring root vegetables, especially carrots and beets, as our “Harvest of the Month”. You will find them in our Apple Rainbow Root Slaw, Roasted Root Fries, Root Vegetable Chili, and Pickled Carrots and Daikon with the Vietnamese Honey Lemongrass Rice Bowl. Check them out on our recipe page!