



Harvest
of the
Month

Growing a Healthy Wisconsin

Root Vegetables

FAMILY NEWSLETTER

Why eat root vegetables?

Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system!



Did you Know?

- The potato was the first vegetable grown in space.
- The rutabaga was the original jack-o'-lantern before the pumpkin! Groups of children in Ireland would carry hollowed out rutabagas with glowing coal to lead them through the dark.
- In Europe, parsnips were used to sweeten jams and cakes before sugar was widely available.

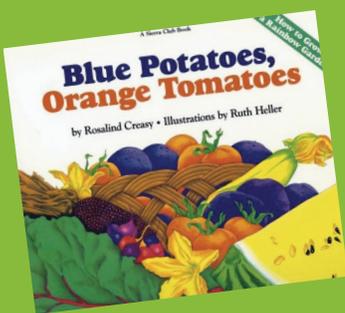


What kind of socks do you need to plant turnips?

Garden hose!

Ways to eat root vegetables

- Try new toppings for baked potatoes: salsa, tuna and sweet corn, grilled chicken and BBQ sauce, low-fat turkey chili, plain yogurt and chives.
- Peel and slice jicama. Sprinkle with lime juice and chili powder for a quick snack.
- Serve mashed rutabagas instead of mashed potatoes.
- Sauté sliced turnips and turnip greens or beets and beet greens with chopped onions and garlic for a flavorful dish.
- Try adding peeled, cubed parsnips to your favorite soup.
- Get creative! Add shredded radishes or fresh sliced or canned beets to a green salad.



Read together

- **Blue Potatoes, Orange Tomatoes: How to Grow a Rainbow Garden** by Rosalind Creasy (ages 8-11)
- **The Enormous Potato** by Aubrey Davis (ages 5-6)

In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

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Buy fresh, buy local

Since root vegetables can be stored for many months in refrigerators and root cellars, crops that are harvested in October were available throughout the winter and into spring. You can purchase locally grown root vegetables at the New Leaf Winter Farmers Market held at the KI Center on Feb. 2nd and 23rd.



Want to volunteer?

Opportunities for volunteers to assist with the Brown County Farm to School Initiative include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218
Farm to School Coordinator
Email: Ashley@live54218.org
Phone: (920) 593-3401

Learn more at live54218.org

Cook together...

Roasted Root Vegetables

- 1 large sweet potato, peeled
- 2 cups carrots, washed (leave skins on)
- 1 rutabaga, peeled
- 2 small turnips, washed (leave skins on)
- 2 parsnips, peeled
- 2 teaspoons chopped fresh thyme or rosemary
- 1 tablespoon olive oil
- 1 tablespoon balsamic or red wine vinegar
- Salt and pepper to taste *Nutrition Facts calculated without added salt

Preheat oven to 450°. Chop all vegetables into 1" pieces. In a large bowl, combine all chopped vegetables, thyme or rosemary, olive oil, salt and pepper and mix thoroughly. Spread vegetables onto a large baking pan and bake, uncovered, until tender (about 1 hour), turning once. Toss vegetables with balsamic or red wine vinegar then serve. Makes 8 servings.

*Nutrition Information (per serving): 79 calories, 2g fat, 15g carbohydrates, 1g protein, 4g fiber, 34g sodium

Jicama Pina Breeze

- ½ cup canned pineapple chunks in 100% juice
- ½ cup fresh jicama, peeled and chopped
- ½ cup fresh orange, peeled and cut into small pieces
- 2 cups of 100% orange juice



Place all ingredients into a blender. Blend until smooth. Pour into glasses and serve immediately. Makes 3 servings.

Nutrition information (per serving): 117 calories, 0g fat, 28g carbohydrates, 2g protein, 3g fiber, 5mg sodium

Talk together

Talk about portion sizes together. A heap of mashed potatoes or large handful of potato wedges or fries may be two or three servings, not just one. Check nutrition labels for other foods your family regularly eats—you may be surprised by how small serving sizes can be. Go on a Nutrition Label Scavenger Hunt at the grocery store. Compare serving sizes, calories, number of ingredients, and number of vitamins and nutrients across foods of many categories.

Get active together

Don't get bored with the same old games – build an obstacle course as a family! Use furniture and pillows indoors or try jumping plastic cones outside. Get creative, be safe, and have fun together!



A PROGRAM OF
THE GREEN BAY AREA CHAMBER OF COMMERCE