



Veritable Vegetable's Produce Notes

The SCOOP on ROOTS



Fall is here....'tis the season to roast, bake, and stew up these weird and wonderful vegetables. Get back to your roots and dig in!

PARSNIPS Related to carrots, the parsnip is a long, white root valued for its sweet, nutty flavor. Parsnips are never eaten raw, but can be roasted or stewed – even cut thin and baked to make parsnip chips! Choose medium-sized firm roots without blemishes, and scrub well or peel before cooking.

TURNIPS These rough, round roots are members of the Brassica family, along with broccoli and cabbage, and come in white, yellow, and purple-topped varieties. Mature turnips add a strong savory flavor to stews, while steamed baby turnips provide an elegant presentation with milder flavor.

RUTABEGAS Also a member of the Brassica family, Rutabegas are actually a cross between the turnip and the cabbage. They are larger and starchier than turnips, but are prepared in many of the same ways.

SUNCHOKES Commonly called the Jerusalem artichoke, this vegetable is actually native to North America. The knobby, tuberous roots are an excellent source of Vitamin A, and are usually eaten raw - either juiced or grated into salads.

PARSLEY ROOT When available, this dense, white Old World vegetable adds an aromatic, green-herbal flavor to soups, stews and purees. Parsley root looks like a small parsnip, and tastes like a combination of celeriac and carrot.

CELERIAC This is a pretty name for the homely root of a variety of celery; a large, brown lump with green stems and straggly roots sticking out. Celery root has a milder flavor than celery stalks, and makes a delicious soup pureed with fennel or other winter vegetables. It can also be served raw, julienned into a salad. Choose smaller roots that are heavy for their size.



Here's a wonderful, easy-to-prepare dish that will add a gourmet touch to any dinner. Use any combination of vegetables that suit your tastes.

- Preheat oven to 400.
- Scrub, peel and cut into generous chunks:

Rutabagas, Turnips, Parsnips, Celeriac, Parsley Root.

- Add small **Yukon or Yellow Finn** potatoes and baby peeled **Carrots**.
- Add chunks of **Sweet Potatoes, Yellow or Red Onions**, and whole cloves of unpeeled **Garlic**, if desired.
- Combine vegetables in large baking dish, add olive oil, a few dashes of balsamic vinegar and water, and salt & pepper to taste.
- Bake for 30-40 minutes or until all vegetables are tender.



-Jessica Fitchen