

ASK YOUR
CHILD ABOUT
ROOT
VEGETABLES



ROOT VEGETABLES!

This month, we are learning all about root vegetables. Parsnips, rutabagas, and turnips are root vegetables. Celery root, beets, and radishes are root vegetables, too. Root vegetables are delicious wintertime treats! Try them roasted with salt and pepper, in stews, or mashed. Grate or thinly slice celery root, beets, and radishes for salads.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose root vegetables that are free of cracks or bruises.
- Store root vegetables in a cool, dry place.
- Remove any rot before storing.
- Spring turnips are small and white. Mature winter turnips may have purple areas. Peel mature turnips before using.
- To use celery root, slice off the tough outer surface. Enjoy celery root raw or cooked.



KIDS CAN COOK: ROOT VEGETABLES

Kids can help prepare root vegetables by:

- Grating root vegetables with the help of an adult.
- Whisking eggs and spices for root vegetable pancakes.
- Forming root vegetable pancakes.
- Tossing chopped root vegetables with olive oil and salt for roasting.
- Mashing cooked root vegetables.

ROOT VEGETABLE PANCAKES*

SERVES 4-6

½ lb. parsnips, or a mix of root vegetables (like rutabaga, turnip, or beets)
2 scallions or green onions, green parts chopped
2 eggs
¼ cup of flour
½ tsp. salt
¼ tsp. pepper, or to taste
2-4 Tbs. vegetable oil

Optional, to serve:

1Tbs. soy sauce and 1 tsp. rice vinegar (dipping sauce)

OR

plain yogurt

DIRECTIONS

1. Grate root vegetables. Chop scallions/green onions.
2. Whisk eggs in a medium bowl with the salt and pepper.
3. Whisk in flour.
4. Stir in shredded root vegetables.
5. Heat oil in a medium pan or skillet.
6. Form the mixture into patties roughly three inches in size. You should be able to make about 6 patties. Place patties on pan, 2 inches apart. Not all patties will fit in one batch.
7. Cook for 2-3 minutes on the first side, then flip and cook for another 2-3 minutes until browned on both sides.
8. Continue cooking pancakes in batches. Add oil as needed.
9. Serve hot, plain or with dipping sauce or yogurt

** Adapted from Melissa D'Arabian, www.foodnetwork.com*