

LOS VEGETALES DE RAÍZ



| ROOT VEGETABLES

FEATURED FARMS:*

BLEILER'S PRODUCE PATCH

19 INDEPENDENT RD.
BREINIGSVILLE, PA 18031
610-360-5592
BLEILERSPRODUCEPATCH.COM

CLEAR SPRING FARM, LLC

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EASTON, PA 18040
610-258-5050
CLEARSPRINGFARM.NET

CROOKED ROW FARM

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OREFIELD, PA 18069
484-773-6559
CROOKEDROWFARMPA.COM

EAGLE POINT FARM MARKET & GREENHOUSES

853 TREXLERTOWN RD.
TREXLERTOWN, PA 18106
610-395-8620
EAGLEPOINTFARMMARKET.COM

EPIC ACRE FARM

178 FIVE PTS RD.
MERTZTOWN, PA 19539
484-695-6469
EPICACREFARM@YAHOO.COM FB:
EPIC-ACRE-FARM

GOGLE FARMS

5017 MULBERRY ST.
COPLAY, PA 18037
610-262-4275
GOGLEFARMS.COM

HUNTER HILL CSA

901 FROST HOLLOW RD.
EASTON, PA 18040
484-788-4634
HUNTERHILLCSA.COM

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NAZARETH, PA 18064
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THEPRODUCECRIB14.WIXSITE.COM/
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NEW TRIPOLI, PA 18066
610-390-1641
FB: LYONCREEKFARMMARKET

OLEY VALLEY ORGANICS

516 OYSTERDALE RD.
OLEY, PA 19547
484-336-9980
OLEYVALLEYORGANICS.COM

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610-867-8494
MONOCACYFARMPROJECT.ORG

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LENHARTSVILLE, PA 19534
484-542-4553
PATRIOTFARMSPA.COM

RODALE INSTITUTE

611 SIEGFRIEDALE RD.
KUTZTOWN, PA 19530
610-683-1439
RODALEINSTITUTE.ORG

SALVATERRA'S GARDENS

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ALBURTIS, PA 18011
610-682-0542
SALVATERRASGARDENS.COM

SUYUNDALLA FARMS

1848 CLEARVIEW RD.
COPLAY, PA 18037
610-261-9098
SUYUNDALLAFARMS.NET

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SHOEMAKERSVILLE, PA 19555
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TAPROOTFARMPA.COM

TERRA FAUNA FARM

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NORTHAMPTON, PA 18067
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TERRAFAUNAFARM.COM

THE GOOD FARM, LLC

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484-262-0675
GOODFARMCSA.COM

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BATH, PA 18014
610-837-0175
TWINMAPLEFARMSPA.COM

WILLOW HAVEN FARM

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NEW TRIPOLI, PA 18066

WONDER GARDEN

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HELLERTOWN, PA 18055
484-522-8551
WONDER-GARDEN.BUSINESS.SITE

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An NNC Program

ROOT VEGETABLES

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Pictured on front: Parsnips & Carrots

Roots are the hidden structures that anchor plants in the soil. They absorb, store, and transport water and nutrients which allow leaves, flowers, and fruits to grow above ground. But for root vegetables, the roots are also the parts we eat, providing a rich source of nutrients and a tasty, healthy diet! Most root veggies are cool season vegetables that like full sun and grow best in early spring and fall. They are often enjoyed in warm and filling meals throughout the colder months.

Health Benefits of Root Vegetables:

Packed with fiber and antioxidants, root vegetables are well known for their distinct vitamin and nutrient content. As starches, they also provide a good source of carbohydrates for energy. Brightly colored root veggies (carrots, beets, and sweet potatoes) contain high amounts of carotenoids, Vitamin A, and Vitamin C which support vision and immune health. Root vegetables have varying amounts of Vitamin B, Potassium, Iron, Folate, and Manganese which help to reduce inflammation and support a strong and healthy body.^[1]

Growing Local Root Vegetables:

Root vegetables are buried treasures, ready to be harvested from the ground during colder months, before the ground freezes. They like well-drained and loose soil to grow and expand their roots. Growing root crops requires lots of weeding and sometimes patience for certain types to germinate and grow to maturity. Hot weather can stress the plants causing them to 'bolt' and turn bitter. Farmers grow root crops because they take up less space and are frost-hardy, leading to less crop loss and waste, while offering versatility for their harvest and use. Also, they require less water and resources than many other types of produce and tend to be hearty enough that less packaging is needed for transport, making buying root vegetables from small, local farms even more important.^[2]



Common Root Veggies in PA:

- | | | |
|-------------|-------------|-------------------|
| 1. Carrots | 5. Garlic | 9. Sweet Potatoes |
| 2. Beetroot | 6. Parsnips | 10. Ginger |
| 3. Turnips | 7. Radish | 11. Cassava Root |
| 4. Onions | 8. Potatoes | 12. Rutabaga |



Pictured Above: Rutabagas, & Right: Cassava Roots ▶

FUN FACTS!

In general, the harder the root, the longer it will keep!

- Many root vegetables like radishes and carrots have large leafy green tops that are edible and full of nutrients but are often discarded. These greens can be sauteed just like kale or spinach, and make a great nutritious addition to meals on top of reducing food waste!
- Carrots were not originally orange. Wild carrots ranged from white to purple. It wasn't until the 1600s that horticulturists began breeding orange carrots.^[3]
- Red and yellow onions are richer in antioxidants than other types.
- Rutabagas are considered a cabbage-turnip hybrid. They're easy to grow and, once you pull them from the ground, they can keep in your cupboard for up to three whole months.
- Sweet potatoes are not potatoes and are different than yams! Sweet potatoes have smooth reddish skin and a sweet flavor while yams have rough, dark brown skin with dry, starchy flesh.

[1] Brennan, D. (Ed.). (2021, November 9). Root vegetables: What are the health benefits? WebMD. Retrieved February 7, 2023, from [webmd.com/diet/what-are-root-vegetables](https://www.webmd.com/diet/what-are-root-vegetables)
[2] Voyle, G. (2021, March 9). Root for your root vegetables. MSU Extension. Retrieved February 7, 2023, from https://www.canr.msu.edu/news/root_for_your_root_vegetables
[3] Carrot - Wisconsin Department of Public Instruction. (n.d.). Retrieved February 7, 2023, from <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/fact-sheet-carrot.pdf>

SWEET POTATO FRIES Recipe

Serving Size: 6 / Total Time: 35 mins

Root veggies can provide an added nutritional boost to almost any meal. They can be enjoyed grilled, roasted, baked, as a base for stir fry or salads, on pizzas, in soups, and so much more! For a super simple and easy recipe, try this family-favorite Sweet Potato Fry recipe.

Ingredients:

- 2 Medium-Large Sweet Potatoes
- 3 Tbsp Coconut Oil, or vegetable oil preference
- Salt, to taste



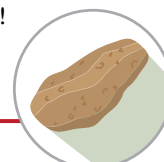
Directions:

1. Preheat the oven to 425 °F.
2. Line a large-rimmed baking sheet with parchment paper
3. Place the coconut oil in a large bowl and microwave for about 20 seconds to melt.
4. Peel the sweet potatoes and slice into equal-width sticks.
5. Dump all the sticks in the bowl with the melted coconut oil. Mix and make sure all the sweet potato slices are evenly coated with the oil. Mix in some salt to taste.
6. Spread out the sweet potato slices onto the prepared baking pan. Avoid overcrowding the pan.

Place the baking pan in the middle rack of your oven. Bake for 20-25 minutes, flipping once if desired. After 20 minutes, check on them and cook until desired crispiness.

Remove from the oven, serve, and enjoy!

Store in fridge.



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