HEALTH BENEFITS

CARROTS: Vitamin A, potassium, vitamin C, copper, folic acid, magnesium

PARSNIPS: Potassium, folic acid, vitamin C, copper, phosphorus.

TURNIPS: Vitamin C, potassium, folic acid

BEETS: Potassium, vitamin A, vitamin C, riboflavin, magnesium, iron, copper, calcium, thiamine, vitamin B6, folic acid, zinc, niacin

HEALTHY SERVING IDEAS

Beets are delicious shredded over salad, roasted and tossed with vinaigrette, or pickled.

They can also be cooked and blended with hummus to give it some color and a new flavor.

Try adding turnips to soups, or serving them mashed instead of potatoes.

Parsnips and carrots can be prepared in many of the same ways - pureed, fried, in soups, or cold with vinaigrette.

SHOPPER’S TIPS

Choose firm, smooth, and colorful roots, avoiding those that are limp, wrinkled, or cracked.

FEATURED FARM OF THE MONTH: NORTH TABOR FARM

Rebecca Miller and Matthew Dix of North Tabor Farm grow baby beets, radishes, and turnips on their farm in Chilmark. Rebecca’s favorite root crop is Hakurei turnips, which are delicious pickled, thinly chopped in salads, or steamed and served with a little salt and butter. They’re so flavorful that they don’t need much seasoning, and the greens are also edible! Their vegetables are available at local restaurants, as well as at the farmer’s market and their farm stand on North Road.