



# ISLAND GROWN

## HARVEST OF THE MONTH

– November –

## ROOT VEGETABLES

### 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.

#### 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.

#### 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

#### SHOPPER'S TIPS

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



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

