

FAMILY WELLNESS NEWSLETTER



From Healthy YOUba

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Harvest of the Month: Root Veggies

Harvest of Month Newsletters: [Educator](#) and [Family](#).

Healthy Serving Ideas:

- Peel and slice crisp jicama. Sprinkle with chili powder for a quick snack.
- Sauté sliced turnips, turnip greens, and chopped onions for a flavorful dish.
- Serve mashed rutabagas instead of mashed potatoes.

Nutrition Facts:

A ½ cup of most root vegetables is an excellent source of vitamin C.

- Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.

Tasty Recipe Corner

A delicious blend of autumn root vegetables full of nutrients that will leave you feeling satisfied with this simple [recipe](#).

Enjoy this soothing [root veggie soup](#) inspired by an old recipe from a famous Japanese Buddhist temple.

Types of Root Vegetables:

Turnips, Parsnips, Beet, Daikon, Radish, Rutabaga, Yuca, Casava, Baby candy cane beets, Black radish, Horseradish root, Burdock root, Galangal root, Ginger root, Wasabi root, Black salsify, Celeriac, Arrowroot.

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