

EAT FRESH. LIVE BETTER.
HARVEST OF THE MONTH:
ROOT VEGETABLES
(CARROTS, BEETS AND RADISHES)

www.qualitycareforchildren.org/farm-to-ece



**WHY ARE ROOT
VEGETABLES
IMPORTANT?**

Root vegetables have long been enjoyed as a delicious part of a healthy diet. Beets are one of the most nutritious root vegetables—high in nitrates, good source of fiber, folate, and manganese. Radishes maybe small but they are a good source of fiber and vitamin C.

MAKE IT!

RAINBOW CRUNCH SALAD (Serves 4-6)

Ingredients

Dressing:

¼ tsp. grated fresh ginger
1 tbsp. honey or brown sugar
Juice of 1 large lemon (2-3 tbsp.)
Juice of ½ large orange (2-3 tbsp.)
¼ tsp. salt

Vegetables:

¾ pound carrots (mix of colors, if possible), grated
¾ pound raw beets, grated

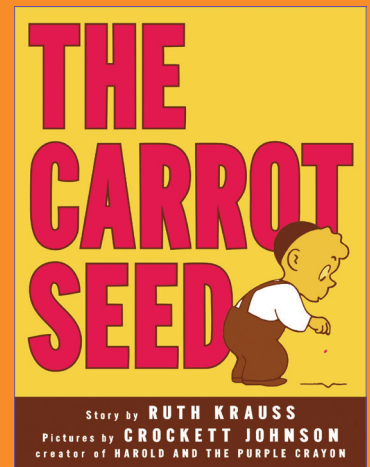
Directions

Measure lemon and orange juices into a medium bowl. Add grated ginger and honey or brown sugar. Whisk to combine. Add ¼ tsp. salt, or to taste. Add grated carrots and beets. Refrigerate until ready to serve.



READ IT!

The Carrot Seed
by Ruth Krauss



When a little boy plants a carrot seed, everyone tells him it won't grow. But when you are very young, there are some things that you just know, and the little boy knows that one day a carrot will come up. So, he waters his seed, and pulls the weeds, and he waits...

Buy this book here:

<https://amzn.to/32shQ3Q>

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