



ROOTS & TUBERS

Beet

A Swiss chard relative, beets can be red, white, golden or striped.

Culinary tips: Peel, grate raw and mix with equal amounts of grated apple and some raisins, or sliced onions and vinaigrette. Take care when preparing beets because they will stain clothes.

Cooked beets are tasty when pickled, boiled, roasted and in soups. Beet greens may be used like chard.

To cook, scrub gently and rinse well, leaving root untrimmed. Cook until tender, drain and rinse under cold water, then peel.

Colorful and delicious served with vinegar or citrus juice, ground pepper, fresh herbs, and a drizzle of olive oil.

Health Benefits: The beet is an excellent body cleanser and acid eliminator, also noted for its blood detoxification and ability to relieve constipation.

Burdock

(Gobo Root, Beggar's Button) This thin, brown-skinned root has a strong earthy flavor and a rich, heady aroma reminiscent of freshly dug soil.

Selection & Storage: Best when firm and somewhat crisp. Store in a damp cloth or paper towel in the refrigerator.

Culinary Tips: Scrub well, then slice or sliver, and add to soups and stir-fries. Cooked (slightly longer than carrots), it has a pleasant chewy texture and subtly sweet taste.

Health Benefits: High in magnesium, potassium and folic acid, burdock is excellent for the kidneys and purifies the blood.

Daikon

This long, white Japanese root tastes like a cross between a turnip and a radish. It is mildly spicy.

Culinary Tips: Daikon may be sliced or grated raw into salads and stir-fries. Daikon adds a nice flavor to soups or stews and is traditionally served pickled.

Health Benefits: Raw daikon is used as a digestive aid.

Carrot

One of the most versatile and nutritious vegetables. With their sweet taste and crisp texture, carrots are great for appetizers, main dishes and desserts.

Selection & Storage: Freshly picked with the greens intact are best. More orange means more beta carotene.

Culinary Tips: Eat raw or cooked; pairs well with ginger. Green carrot tops can be eaten raw in salads or puréed for pesto, sauces and soups.

Health Benefits: An excellent detoxifier, diuretic and stimulant, the carrot is high in phosphorus and abundant in vitamins, minerals and enzymes; extraordinarily rich in the antioxidant beta carotene (vitamin A's precursor).

Celeriac

(Celery Root, Knob Celery) This root tastes like a combination of celery and parsley, with a strong smoky flavor. (Winter to Spring)

Selection & Storage: Choose firm, smaller roots.

Culinary Tips: Discard the stalks and leaves and use either raw or cooked. Cut in fine julienne strips or grate and serve raw with a vinaigrette. Boil celeriac and potatoes and purée together for a delicious mash.

Health Benefits: High in vitamin C, potassium and phosphorus, celeriac is a diuretic, good for kidney stones as well as the lymphatic, nervous and urinary systems.

Parsnip

This sweet, nutty flavored root looks like a chunky, white carrot.

Selection & Storage: Choose firm and smooth roots.

Culinary Tips: Parsnips are suitable for almost any method of cooking, baking, boiling, sautéing and steaming. Parsnips have a strong, dominating flavor, so use with discretion. A small amount of parsnip adds a snappy touch to a salad when grated raw, and they make a zesty addition to a baked root medley.

Health Benefits: Parsnips are loaded with food energy and have diuretic, detoxifying and cleansing attributes

Ginger

Ginger, once regarded as one of the most precious trading spices, has a refreshing, almost peppery taste.

Selection & Storage: Choose firm, fresh looking roots. Store fresh ginger wrapped in a dry paper towel in an unsealed plastic bag in the refrigerator. Only cut away as much as you need. The skin can be peeled off with the back of a spoon.

Culinary Tips: Ginger is commonly used in curries, and it is the classic ingredient in gingerbread cookies. Add freshly grated ginger to tea for a refreshing spice, and use powdered or crystallized ginger in baking.

Health Benefits: Ginger is effective in soothing upset stomachs and preventing nausea and vertigo, as well as aiding in digestion and the absorption of nutrients.

Horseradish

A member of the mustard family, horseradish makes up for its unimpressive appearance with a distinct, hot, fresh flavor.

Selection & Storage: The hot taste of horseradish quickly dissolves once grated or chopped, and is completely destroyed by cooking, so make sure to only slice off what you need. It will keep for up to two weeks in the fridge.

Culinary Tips: Made famous by H.J. Heinz as a condiment, horseradish is usually consumed in small amounts to give dishes an extra zip. Grate and use it to flavor butter, or as a topping for roast beef. Horseradish produces isothiocyanates, a mustard oil that can be irritating to the skin and eyes. Use gloves when chopping or grating, and be sure to stand back if placing horseradish in a food processor.

Health Benefits: Horseradish is extremely helpful in opening up the sinuses and helping those with respiratory problems to breathe more easily. This root stimulates the appetite and blood flow, and consuming small amounts can aid digestion.

last updated 10/13/15



ROOTS & TUBERS

Potato

Potatoes come in a variety of colors.

Selection & Storage: Choose firm potatoes with no green skin. Store in a cool, dark place (not the refrigerator).

Culinary Tips: Remove sprouts and green spots. Potatoes may be boiled, baked, roasted, fried, steamed, mashed, and are excellent in soups, salads and casseroles.

Health Benefits: An excellent fuel food, potatoes are rich in vitamin C and potassium, enzymes and minerals.

Radish

Radishes come in a variety of colors, shapes and sizes, with mildly pungent to peppery hot flavor.

Selection & Storage: This root is best when smooth, firm and crisp.

Culinary Tips: Crisp, fresh radish goes well as a garnish or in salads. To cook, briefly steam for a delicate, sweet flavor reminiscent of a turnip. Radish tops give a peppery taste to salads and soups.

Health Benefits: Radishes are a diuretic that stimulate and help clear the sinuses. The radish is good for sore throats and to help prevent viral infections.

Rutabaga*

(Swedish Turnip) The rutabaga has a mild, sweet flavor that absorbs other flavors. Rutabagas are larger and darker than turnips and they have a smooth skin.

Culinary Tips: Peel and use raw or steamed, baked, roasted, boiled or mashed (great with mashed carrots and potatoes). Add to soups and stews.

Note: Rutabagas can be irritating to those with kidney problems.

**SACRAMENTO NATURAL
FOODS CO-OP**

OPEN DAILY 6AM-11PM • 2820 R ST
SACFOOD.COOP • 916-455-2667

Sunchoke

(Jerusalem Artichokes) This knobby tuber has a crisp flesh with a mildly sweet flavor.

Selection & Storage: Once cut, store in cold water with lemon juice to preserve color.

Culinary Tips: Delicious when sliced or grated raw into salads. Use as a substitute for water chestnuts in stir-fries, noodle or rice dishes. Cook and mash into pureed vegetables, add to soup or tomato sauce, or serve hot with parsley and butter or olive oil.

Health Benefits: A good source of iron, thiamine, vitamins B6 and C.

Sweet Potato

Commonly referred to as "yams" in the United States, these tubers are distinctly different from the brown, woody skinned yams used in African and Caribbean cooking.

Sweet potatoes have a rich and sweet flavor with a dense, meaty flesh. Yellow flesh varieties tend to have drier texture and mildly sweet flavor; ones with orange flesh have a sweeter flavor and smoother texture.

Selection & Storage: Sweet potatoes should be kept in a cool, dry place, but not the refrigerator.

Culinary Tips: Boil, roast, steam, bake or add to casseroles or sweet dishes. Excellent with sweet spices, such as cinnamon, ground cloves, nutmeg and allspice, or squeeze of lime juice.

Glaze with maple syrup and butter for a rich, sweet dish.

Peeled and mashed sweet potatoes make a good substitute for flour (up to ¼ of the total called for) in baked goods.

Health Benefits: Sweet potatoes are packed with nutrition and are easily digestible. They are an excellent source of vitamin A and a good source of potassium and vitamin C. They are also known for their ability to bind heavy metals and detoxify the system.

Turmeric

(Poor Man's Saffron, Yellow Root)

Sweeter and more fragrant than ginger, this root spice is used in almost all curry dishes and is popular as a dye, spice and medicine.

Selection & Storage: Pick roots that have a bright color and firm texture. Store fresh turmeric in the refrigerator wrapped in a dry paper towel inside an unsealed plastic bag (you can freeze turmeric, but it will lose its firm texture).

Culinary Tips: Traditionally used in Thai and Indian foods for coloring and flavor, turmeric adds a fragrant and distinct taste to rice dishes, sauces and curries. Use it carefully; this root will stain your hands and utensils yellow.

Health Benefits: Turmeric is a medicine chest in itself. Its antifungal, anti-inflammatory and antibacterial properties help heal internal and external wounds, and turmeric is widely known for aiding in circulation, liver function and is beneficial for healthy skin. Last but not least, turmeric may also help to prevent colon cancer.

Turnip*

This humble root thrives in poor soils and can be snow-white to bright pink, golden or purple-topped.

Selection & Storage: Choose small to medium sized roots for best flavor and texture. Remove tops and store in a bag in the refrigerator.

Culinary Tips: Raw turnips impart a mild, radish flavor. The greens can be cooked along with the roots.

Health Benefits: Raw turnips aid digestion and help clean the teeth. Cooked turnips energize the digestive system.

* Turnips and rutabagas contain high amounts of goitrogens which can interfere with thyroid function. Individuals with low thyroid function should limit their use.

Sources: *The Complete Vegetarian Cuisine* by Rose Elliot, *The Wellness Encyclopedia* by UCB Wellness Letter Editors, *Whole Foods Companion* by Dianne Onstad and *Roots* by Diane Morgan.



PRINTED ON 100% RECYCLED PAPER