

ROASTED ROOTS

Recipe by Graham at Fiddle Foot Farm

INGREDIENTS

2 tbsp safflower oil or melted coconut oil

1 lb watermelon radish, scrubbed well, tops and bottoms removed and cut into wedges

1 lb turnip, scrubbed well, tops and bottoms removed, and cut into wedges

1 lb beets, scrubbed well, tops and bottoms removed and cut into wedges

1/2 tsp salt and pepper

5 oz crumbled goat cheese or feta cheese

DIRECTIONS

1. Preheat oven to 400°F
2. Toss chopped watermelon radish, turnip, and beets in a large bowl with oil, salt and pepper
3. Spread on cookie sheets in single layer
4. Roast for 40 minutes to 1 hour, stirring every 20 minutes or so.
5. Remove from oven. Let cool 5 minutes before sprinkling with crumbled goat cheese or feta.

Test Kitchen Tip

Cooking time will vary depending on the thickness of your wedges. Cut into smaller wedges for quicker cooking time.

Meet the “Cinderella” of root vegetables

If Cinderella were a root vegetable, she would be a watermelon radish! A bit unassuming on the outside but absolutely stunning on the inside. Don't let the creamy white colour with pale green shoulders fool you, this root vegetable is chock full of vitamins, minerals and fibre. The bright magenta middle is the result of isothiocyanate, a powerful classification of nutrients which fights disease in the body and can be concentrated to make bug repellent! Watermelon radishes can be eaten raw or cooked. Try them sliced thinly with a bit of olive oil, balsamic vinegar, salt and pepper.

Bibbidi bobbidi boo!

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Happy New Year! We hope you enjoyed some local bounty over the holidays. We are excited to share some fabulous and quite frankly, beautiful root vegetables with you. It's not every day that you get the opportunity to turn unassuming members of the Brassica (radish and turnip) and Amaranthaceae (beet) families into a fairytale feast! We are grateful to Graham at Fiddle Foot Farm for creating this recipe specifically for LFC members. Roasted Roots is more of a side dish so we encourage you to enjoy it with your favourite local protein or protein alternative. It's particularly yummy with a burger - vegetarian or meat. You can slice up Amanda's pumpnickel bread to make burger buns or enjoy a slice with butter. Jamie at Am Braigh Farm grew sunflower sprouts for you this month. They are nutritionally similar to pea shoots but have more lecithin and folate, to protect your arteries, and produce red blood cells. The jar of preserves (either eggplant or grape jelly) in your pack comes from Connie at Connie's Kitchen in Mono. So nice to have some local summer bounty preserved in a jar to enjoy during the cold days of January.

What Kids Can Do

Scrub root vegetables; if old enough, cut bottoms and tops off of radish, turnip and beets and chop into wedges; measure oil, salt and pepper; toss veggies in oil and spread onto cookie sheets; set timer for 40 minutes; munch on sunflower sprouts and preserves while waiting for roots to roast!

Nutrition Report

A+

Isothiocyanates

Watermelon radishes, turnips and beets are high in this group of compounds that fight damage in our bodies and strengthen our immune system.

A

Vitamin C

Beets and watermelon radish are a good source of vitamin C, which supports your immune system. Bye bye colds!

B+

Folate

Folate, also known as B9 makes red blood cells and prevents anemia. Sunflower sprouts are high in folate.

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Am Braigh Farm

ambraighfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Connie's Kitchen

connieskitchen.ca

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The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action with support from the Ontario Trillium Foundation.

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