

Roasted Celeriac & Beet Salad

Adapted from: House & Garden UK



INGREDIENTS

- 1 3/4 cups **celeriac** washed, peeled and chopped into 1.5cm pieces
- 1 3/4 cups **beets** washed and chopped into 1.5 cm pieces
- 1 med **red onion** peeled and very thinly sliced
- 1/2 cup **China Rose Radish**
- Microgreens**
- 4 tbsp olive oil (divided)
- 2 tbsp lime juice (sub lemon juice)
- 1 tbsp dijon mustard
- 4 tbsp finely chopped mint leaves (or 3 tsp dried mint)
- Walnut pieces and goat cheese (optional)

Kitchen tip...

Coat the celeriac and beets with oil separately to avoid turning your celeriac pink!

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Peel the celeriac by slicing off the top and bottom so it stands flat, then carefully use a sharp knife to remove the beige skin from the white inner flesh.
3. Chop the celeriac and beets into 1.5 cm cubers and coat with 2 tbsp olive oil. Season with salt and pepper to taste. Use your hands to make sure all cubes get coated in oil (fun job for the kids).
4. Line a baking sheet with parchment paper and bake the beets and celeriac for 20-30 min or until soft.
5. Mix lime juice, mustard, and mint leaves in a bowl, then add 2 tbsp olive oil, whisking until dressing looks smooth.
6. Allow vegetables to cool, then toss in the dressing.
7. Before serving, add red onion, microgreens, walnuts and cheese (if using).

If you happen to be a Harry Potter fan, there's a good chance the look of this month's feature vegetable will remind you of a Mandrake! However, unlike a Mandrake, there is no need to avoid this versatile root. In fact, as an Ontario storage crop, your family can enjoy it in many different ways over the cold winter months. It has a celery taste with the consistency of a potato. Use celeriac in any recipe that calls for celery. Celeriac works well in many types savoury dishes. A quick online search will reveal recipes for raw, cooked, mashed, pureed or fried celeriac. Soup and casserole recipes are popular too.

Celeriac - a versatile storage crop



Happy New Years and welcome back to LFC! Winter in Headwaters means that we are digging into the root cellar's of local farmers to see what is available. Storage crops are a great way to satisfy those cravings for savoury belly filling meals. This month's feature vegetable is celeriac, and is quite versatile and unique. Ontario grown celeriac is popping up in local grocery stores, so keep trying it over the winter and please share any new celeriac recipes with us! This month's recipe is **Roasted Celeriac and Beet Salad** paired with **Ontario Cranberry & Wild Rice soup**

from **Soup Girl** in Orangeville. In the fall months attempts were made to source some Ontario cranberries and wild rice for LFC, but timing and other considerations meant we could not. Lucky for us, we get the benefit of these Ontario foods in a locally made soup. All you need to do, is follow the instructions on the jar and enjoy with your salad! Thank you to **Fiddlefoot Farms** for the **celeriac, beets** and **red onion** required for January's feature recipe. Garnish your salad with **China Rose Radish Microgreens** from **Big Thunder Farms** in Mulmur. Thanks again to **Amanda's Country Bakery** for the bread - Who doesn't appreciate a nice slice of ciabatta to go with soup and salad? We are happy to round out this months pack with some winter carrots from **Am Braigh** as a little bonus.

Get the Kids in the Kitchen!

Lets get measuring! This month's salad recipe, doesn't require precise measurements, so it's a great recipe to have children measure ingredients, and for you to sneak in a little math. Talk about how 4 quarter cups equals one cup. You can relate that to money and how 4 quarters equal \$1. Show that 1 3/4 cups is the same as 7 quarter cups...the possibilities for hands on math in the kitchen are endless!

Food for Thought

A recent Canadian Environmental Commission report ([CEC report](#)) revealed that Canadian families waste on average up to 40% of the food they purchase! Stores encourage us to purchase in bulk by offering price discounts. We often think we are getting a deal, but evidence shows that most often we end up throwing out the "extra". You will save more money and create less food waste by only purchasing what you know you will use.

Nutrition Report

Celeriac is nutritionally dense and provides a wide range of health benefits including;

- High dietary fibre
- Destroys free radicals in the body that may lead to cancer
- Excellent source of vitamins including vitamin K, C, niacin, thiamine, and riboflavin

this month's food is from...

Fiddle Foot Farm

fiddlefootfarm.com

Amanda's Country Bakery

amandascountrybakery.ca

Am Braigh Farm

ambraighfarm.com

Soup Girl

localsoupgirl.ca

Big Thunder Farms

[Big Thunder on Facebook](#)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action.

food@headwaterscommunities.org

hffa.ca/farmtoschool



@HeadwatersFood



for food. for farming.
for our future.