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Delicious**



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ROOT VEGETABLE CATALOG





























































































ROOT VEGETABLE AVAILABILITY

Not Available AZ, MI CA OR

	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL
Beet, Chioggia	OR	OR	OR	OR	OR	OR	OR	OR	CA	CA	CA	CA
Beet, Gold	OR	OR	OR	OR	OR	OR	OR	OR	CA	CA	CA	OR
Beet, Red	OR	OR	OR	OR	OR	OR	OR	OR	CA	CA	CA	OR
Carrot, Organic Rainbow	OR	OR	OR	OR	OR	CA	CA	CA	CA	CA	CA	OR
Carrot, Peeled Baby Rainbow	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA
Carrot, Peeled Baby with Top	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA
Celery Root	OR	OR	OR	OR	OR	OR	OR	CA	CA	CA	CA	CA
Daikon, Purple	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA	CA
Horseradish	Not Available	Not Available	Not Available	OR	OR	OR	Not Available	Not Available	Not Available	OR	OR	Not Available

ROOT VEGETABLE AVAILABILITY

Not Available AZ, MI CA OR

	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL						
Parsnip																		
Radish, French Breakfast																		
Radish,																		
Watermelon																		
Turnip																		



Beet, Chioggia

20269 | 25#

- Sometimes called the "Striped" or "Bullseye" beet for its fuchsia and red rings
- Chioggia beets are an Italian heirloom variety famous for their unique, brightly colored stripes. They come from the coastal town of Chioggia, Italy.
- Known to have one of the most robust earthy tastes among beet varieties
- Excellent source of manganese, folate, vitamin C, magnesium, potassium, and fiber.



Beet, Gold

20248 | 25#

- The flesh is bright yellow to gold
- When raw, golden beets are crunchy but become smooth and tender when cooked
- Creamy, earthy sweet flavor
- Known to have the highest sugar content of any vegetable
- Pair well with cheeses such as goat, feta, and manchego
- Excellent source of folate, manganese, beta-carotene, and are a very good source of potassium, copper, and fiber



Beet, Red

20262 | 25#

- Sweet, earthy flavor like spinach
- The flesh is deep crimson and is dense and crunchy
- When cooked, red beets get soft and tender
- The leafy stalks are edible with a similar taste to swiss chard
- Beets are a source of betaine, a type of antioxidant that's evident in its rich, red-colored roots



Carrot, Peeled Baby with top

20470 | 5#

- Smaller sized peeled carrots with leaves attached
- Crunchy with a sweeter flavor than full grown, mature carrots



Carrot, Peeled Baby Rainbow with top

20464 | 5#

- A mix of colorful carrots that are small in size, peeled, and have the stems and leaves attached
- Featuring red, yellow, purple, and orange
- Sweet, crisp flavor
- The tops have an herbaceous, parsley-like flavor



Carrot, Organic Rainbow

20478 | 24CT

- Organic Rainbow Carrots are a mix of colorful carrots usually containing a mix of red, yellow, purple, and orange carrots



Celery Root

20512 | 10/12CT

- Also known as Celeriac
- Crisp consistency that transforms into a smooth and tender texture when cooked, similar to the flesh of a cooked potato
- Nutty, earthy, and slightly sweet flavor with notes of celery and parsley
- Great source of vitamin K, C, fiber, phosphorus, and potassium



Daikon, Purple

20726 | 10#

- This variety of daikon can be recognized by its bi-coloring that is a violet purple and bright white to pale violet on its interior
- Mild, peppery, and sweet flavor profile



Horseradish

21205 | 1#

- Semi-rough skin that is covered in gnarled notches
- When crushed or ground it has a hot and pungent flavor
- Closely related to wasabi and mustard and most commonly used as a condiment



Parsnip

22441 | 20#

- Closely related to carrots and parsley
- Creamy white flesh that has a sweet, nutty flavor sweet, nutty flavor
- Can be used any way that a potato can be used



Radish, French Breakfast

22547 | 20#

- Milder and sweeter than the common radish
- The flavor can vary depending on the season but are milder in spring/autumn
- Both the greens and roots are edible



Radish, Watermelon

25532 | 25#

- Sweet, peppery flavor
- You can avoid the spicy part by eating just the center where it is the sweetest
- Green and roots are edible
- Rich in antioxidants and minerals, reduce risk of diabetes, cancer, and cholesterol



Rutabaga

22568 | 25#

- Purple-red rough skin and the flesh is yellow, firm and fine-grated
- Milder taste than turnips with some bitterness
- When cooked, rutabagas become sweeter and taste similar to potatoes
- High in antioxidants, fiber, and vitamins
-



Turnip

23070 | 3#

- Subtly sweet, slightly spicy taste when raw
- Mellow, earthy, nutty, and sweet flavor when cooked
- Crunchier and more dense than most root vegetables and they don't soften up after cooking
- Rich in calcium, phosphorus, potassium, sodium, and magnesium



Storage



1. Remove the greens...

- Cut the tops off your vegetables, brush off any soil, but don't wash them. Water can lead to mildew and rotting.
- You can eat the tops of beets, turnips, radishes, and carrots!



2. Refrigeration

- They keep the longest at 32-40 degrees F and 95% humidity. At temperatures above 40 F, they start to sprout and decompose and when frozen, they begin to lose their flavor.
- Wrap the individual vegetables in a damp towel and place in the crisper drawer
- Don't forget the greens! The crops with edible greens can be stored the same way.



3. Alternatives

- Place unwashed vegetables in crates in a cool space like a cellar or basement that will not freeze.
- Pack everything upright in damp sand which helps to regulate humidity, extending its shelf life.

Hot Tips!

Make the most of your roots!

- Make vegetable stock!
- Replant them!
- Make your compost more rich in nutrients with the skins you don't use!

Quick pickle

1. Combine your root vegetables with sea salt, let sit for 30 mins.
2. Stir vinegar, sugar, and spices in a small pan over medium heat until sugar dissolves. Cool to room temp. Refrigerate until cold.
3. Drain liquid from salted veggies and rinse under water. Combine vegetables and vinegar mixture, cover, and refrigerate to pickle.



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