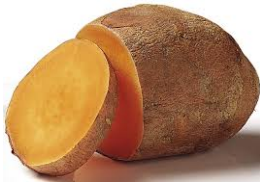


Roots & Veggies

While summer may be over, it's still easy to enjoy a wealth of nutritional benefits from the many tasty and seasonal foods of fall and winter.

Sweet Potatoes

Benefits: Aids in growth and development, improves antioxidant function and iron absorption, maintains brain function and red blood cell health, regulation of mood and blood sugar levels.



How to eat: Bake in the oven or include in a casserole, these are great for soups, or prepared as chips or fries!

Beets

Benefits: Boosts cell renewal, improves blood pressure management and muscle performance, aids in general cardiovascular health, antioxidant function and iron absorption.



How to eat: Beets can be included in sweet or savory dishes: eat them raw or roasted! Rinse well, chop off the greens, rub with olive oil, cover with foil and roast in the oven up to 1 hr at 350 F, remove skin with hands after baking.

Onions

Benefits: Improves antioxidant function and iron absorption, a potent anti-inflammatory that also boosts immune health, anti-tumor for cancer prevention, aids in liver health and cell renewal.

How to eat: Sauté in stir fry, include in soups, top a wrap or salad with raw onions, or mix into salsa, guacamole or other dips.



Rutabagas

Benefits: Aids in growth, development and digestion, improves antioxidant function and iron absorption, blood pressure management and muscle performance.

How to eat: Look for a rutabaga that is heavy, smooth and with thick skin. Pairs best with strongly flavored meats.



Carrots

Benefits: A potent anti-inflammatory that also boosts immune health, anti-tumor for cancer prevention, provides Vita A for healthy skin and cell renewal.

How to eat: Carrots should be washed and peeled. Eat raw with hummus or in a salad, roast in the oven or incorporate into soups and stews.



Turnips

Benefits: Anti-inflammatory for heart health, anti-tumor for cancer prevention, high in fiber to aid in digestion, source of calcium and potassium for bone health.

How to eat: In the markets look for fresh roots that are small, firm, round and impart delicate sweet flavor. Incorporate the roots into salads or other fresh dishes, the greens are great for stews and soups!

