

# Food for Thought

August 2018

## Root Vegetables: Good for You

Root vegetables are the “underground” part of a plant that we eat. Root vegetables are high in fiber, low in calories, packed with vitamins A, C, and folic acid, plus many minerals. Wait to wash root vegetables until just before using them. Rinse with cold water and scrub with a vegetable brush to remove dirt. Remember where they are grown!



- **Sweet Potatoes** are sometimes called yams. Store sweet potatoes in a cool, dry place – not in the refrigerator. Bake or boil sweet potatoes until they are slightly soft. Cooked sweet potatoes make a delicious and nutritious snack – served either hot or cold, sprinkled with a little cinnamon, if desired.
- **Potatoes** are the most popular vegetable in the United States! Boil, bake, mash or microwave them. Try leaving the potato skin on for added fiber and nutrients. Be sure and cut off any green spots or sprouts on potatoes before cooking. Potatoes should not be stored in the refrigerator or next to onions – onions make potatoes spoil.
- **Beets** have the highest sugar content of any vegetable, but they are very low in calories. Try fresh, cooked beets or look for canned beets for variety.
- **Carrots** are sweet and make a quick and easy snack. Those with the brightest orange color have the most nutritional value.
- **Onions** make you cry? To limit tears, chill onion before cutting and be sure to cut into the root end of the onion last. Onions contain antioxidants that can help protect against chronic disease.
- **Turnips** come in a variety of shapes and sizes. The flesh can be white or yellow. Store turnip roots in a plastic bag in the refrigerator. Peel turnips before cooking. Try them in soup or stew!
- **Jicama** is a cousin to the sweet potato. It tastes like a crispy cross between an apple and a sweet potato. Just peel and cook or enjoy raw dipped in fat-free ranch dressing
- **Radishes** are pungent or sweet in taste with a lot of juice. Radishes can be white, red, purple or black. They are eaten raw, cooked or pickled.
- **Parsnips** are closely related to the carrot but are white or cream in color. Parsnips are usually cooked but can also be eaten raw. They are high in vitamins and minerals, especially potassium.



### Sweet Potato Fries

*Cut sweet potatoes into strips like French fries and spray with low-fat cooking spray or toss with a little oil. Bake at 375 degrees for 30 minutes for a tasty snack or side dish.*

**August 2018****North Idaho Eat Smart Idaho Class Schedule**

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	1 <u>Healthier Foods Fast @</u> Lena Whitmore Elementary School – 110 S. Blaine St – Moscow – 11:30 to 12:30	2	3	4
7 <u>Nutrition Demo:</u> <u>Get the Best for</u> <u>Less @ CAP Food</u> Bank – 124 New 6 <sup>th</sup> St – Lewiston – 1:00 to 3:00	8 <u>Power Up Your Day with</u> <u>Breakfast @ Lena</u> Whitmore Elementary School – 110 S. Blaine St – Moscow – 11:30 to 12:30	9	10	11
14 <u>Plan: Know What's</u> <u>for Dinner @ Post</u> Falls Food Bank – 415 E. 3 <sup>rd</sup> Ave. – PF – 4:00 to 5:00	15	16	17	18 <u>Power of Produce</u> <u>Activity Station @</u> Moscow Farmers Market – Friendship Square – Moscow – 10:00 to 12:00
21 <u>Shop: Get the Best</u> <u>for Less @ Post</u> Falls Food Bank – 415 E. 3 <sup>rd</sup> Ave. – PF – 4:00 to 5:00	22	23 <u>Nutrition Demo:</u> <u>Get the Best for</u> <u>Less @ Potlatch</u> Food Bank – 510 N. Pine St – Potlatch – 10:00 to 12:00	24 <u>Shop for Value, Check the</u> <u>Facts @ Moscow Hope Center</u> – 1212 W. Pullman Rd – CDA – 4:00 to 5:00	25
28 <u>Shop for Value.</u> <u>Check the Facts @</u> Post Falls Food Bank – 415 E. 3 <sup>rd</sup> Ave. – PF – 4:00 to 5:00	29	30	Sources: <a href="http://www.ksre.k-state.edu/humannutrition/newsletters/good-for-you/goodforyou-documents/goodforyoufall2015.pdf">http://www.ksre.k-state.edu/humannutrition/newsletters/good-for-you/goodforyou-documents/goodforyoufall2015.pdf</a> retrieved 07/24/16	

**For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:**

Benewah, Kootenai & Shoshone: 446-1680  
 Bonner & Boundary: 263-8511  
 Clearwater, Latah or Nez Perce: 883-2267  
 Idaho or Lewis: 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RDN, LDN  
 Phone: 446-1680 E-mail – [kalig@uidaho.edu](mailto:kalig@uidaho.edu) Web: [www.eatsmartidaho.org](http://www.eatsmartidaho.org)

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 To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The USDA, Idaho Department of Health & Welfare and University of Idaho is an equal opportunity providers and employers.