

# Kids at the Co-op

## EAT THOSE VEGGIES

### Root Veggies

The most commonly known root veggie is the carrot. Root veggies are vegetables that grow in the ground and need to be pulled or dug up. Some other root veggies are; yams, beets, parsnips, turnips, rutabagas, yuca, kohlrabi, onions, garlic, celery root, horseradish, daikon, turmeric, jicama, and radishes.

Many root veggies come in a rainbow of colors. At the Co-op, you can find purple and white carrots, orange and yellow beets, even black radishes!

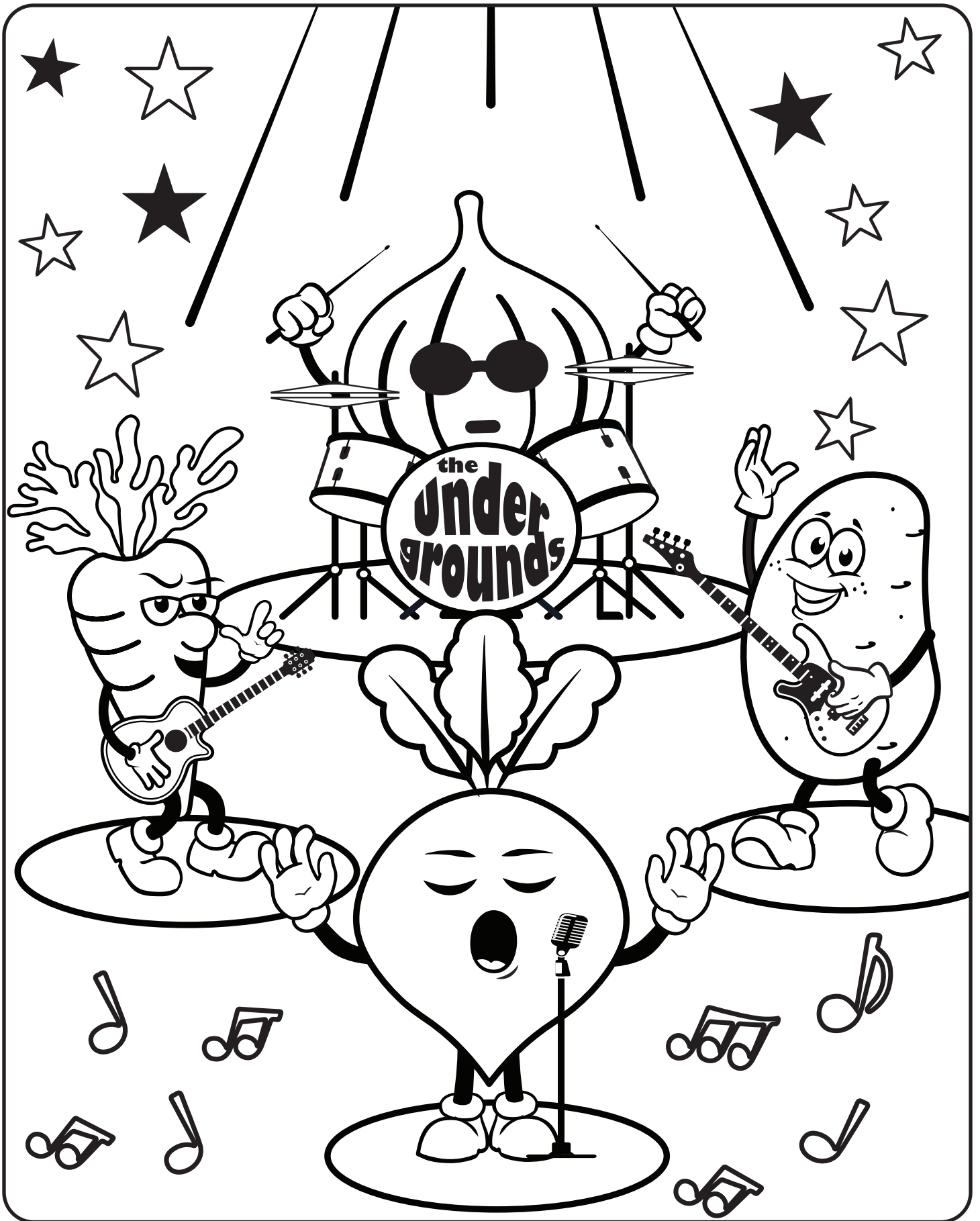
#### Root Veggie Fritters

- 1 small beet
- 1 medium/large carrot or turnips
- 1/2 sweet potato
- 1/2 watermelon radish or a few small red radishes
- 1 clove garlic
- 1/4 red onion
- 1 tbsp ground flax
- 3 tbsp water
- 3 tbsp whole wheat flour
- salt and pepper

Using a cheese grater or salad shooter, grate all the veggies and mince the garlic. toss in a bowl to evenly mix. Add water and flax, mix well, then add flour.

Heat a skillet with a small amount of cooking oil, add a large spoonful of the mixture to the hot pan and flatten slightly. Cook on one side for 2-3 minutes, until crispy, then flip and cook an additional 1-2 minutes.

Dip in sour cream or plain greek yogurt!



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