

Nutrition *Niblets*



Have you have heard of “Root Vegetable”?

Root vegetable is a collective name for vegetables of which the part we eat typically grows underground. This includes several different groups, including those with tubers (potatoes, yams), tuberous storage roots (sweet potatoes, cassava), taproots (parsnips, carrots), and bulbs (onions, garlic).

No matter which group they are from, they all have one thing in common; they are typically storage organs which store energy as either sugars or starch (carbohydrates). The balance between the sugar and the starch largely determines its use; those with a higher starch concentration are typically used as staple foods in much of the world, but particularly in tropical regions. In these regions starchy foods are used more than cereal foods.

Potatoes top the list of highest world wide production, at around 330 million metric tons in 2004, followed by Cassava at 200 million tons and sweet potato at 130 million tons.

Ones with less starch (such as carrots and parsnips) are sometimes used as an accompaniment to the more starchy ones (carrots, parsnips, onions), at least in Western Countries, or indeed just eaten alone (carrots), or as part of salads (radishes, onions).

Fall is the perfect time to try these tasty, healthy vegetables!

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Food Buzz

Check out these interesting facts on “Thanksgiving Food”

- The first Thanksgiving in 1621 probably did not include turkey. Roasted goose and duck were most likely eaten.

-About 45 million turkeys will be eaten this Thanksgiving.

-Minnesota, North Carolina, Arkansas, Virginia, Missouri, and California raise more turkeys than any other states.

-Michigan raises more organic turkeys than any other state.

Benjamin Franklin wanted the turkey to be the national bird.

Tofurkey, the vegetarian turkey, was first sold in 1995.

The average American consumes 4.5 pounds of sweet potatoes per year.

