

Beets can be boiled, roasted, pickled or eaten raw.

Beets are a good source of fiber, vitamin

C
and
iron

Carrots, although best known their bright orange variety, can also be **purple, red, white,** and **yellow.**

CARROTS ARE VERY LOW IN CALORIES AND FAT.



Parsnips are a root vegetable that belong to the **Apiaceae** family along with **parsley** and **carrots.**

CARROTS ARE A ROOT VEGETABLE THAT BELONG TO THE FAMILY APIACEAE, ALONG WITH CELERY, CARROTS AND PARSLEY.

BEETS ARE AN EXCELLENT SOURCE OF FOLATE AND CANCER-FIGHTING ANTIOXIDANTS.

BEETS ARE ALSO USED TO MAKE SUGAR AND FOR FOOD COLORING

Carrots
are delicious eaten cooked or raw.

Carrots are an excellent source of vitamin A which is important for the health of our eyes and immune system.

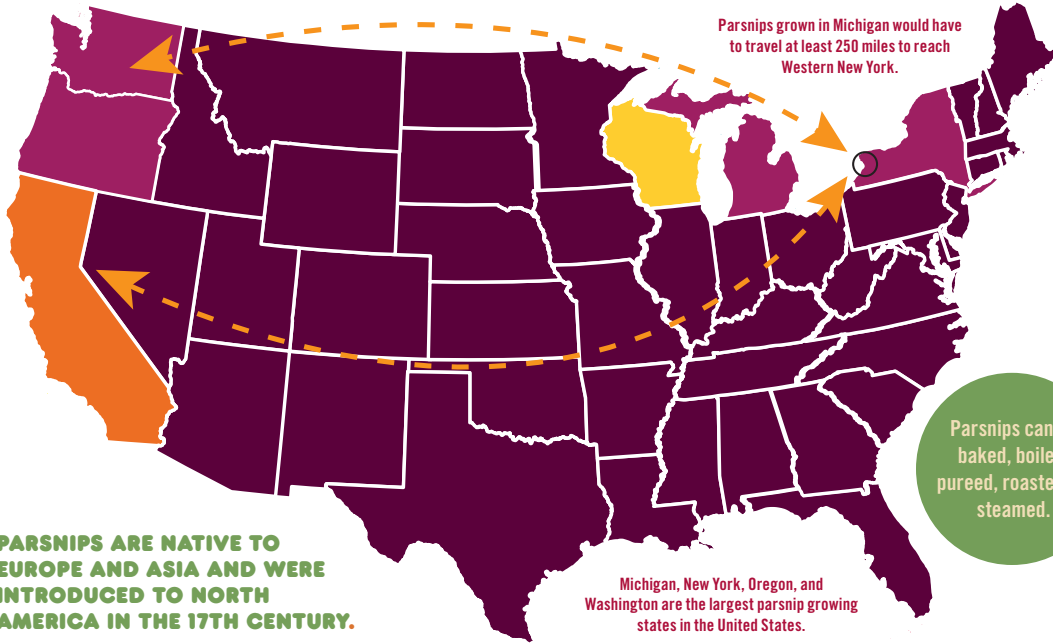


Beets are very low in calories and fat and have no cholesterol.

Beets are a cool-weather crop and the majority of the table beets (red beets) grown in the United States are from the state of Wisconsin.

PARSNIPS HAVE A LONG TUBEROUS ROOT AND CREAM COLORED SKIN AND FLESH.

THE MAJORITY OF OUR NATION'S CARROTS, 85%, ARE GROWN IN CALIFORNIA. A CARROT GROWN IN CALIFORNIA WOULD HAVE TO TRAVEL OVER 2,500 MILES TO REACH BUFFALO



PARSNIPS ARE NATIVE TO EUROPE AND ASIA AND WERE INTRODUCED TO NORTH AMERICA IN THE 17TH CENTURY.

The history of the carrot traces back **5,000** years. Carrots most likely originated from Central Asia and were introduced to North America in the 17th century.

PARSNIPS ARE AT THEIR PEAK AFTER THE FIRST FROST. THE STARCH IN PARSNIPS CHANGES TO SUGAR AFTER THE FIRST FROST, WHEN THE VEGETABLE IS STILL IN THE GROUND. THIS GIVES PARSNIPS THEIR UNIQUE SWEET FLAVOR.



Parsnips can be baked, boiled, pureed, roasted, or steamed.

Parsnips are a great source of fiber and vitamin

C