

Root Vegetables A to Z

Tuber	Colour & flavour	Fun facts	Benefits
Beets	<ul style="list-style-type: none"> •Garnet-red globes •Edible leafy green tops •Sweet, earthy flavour 	<ul style="list-style-type: none"> •Other varieties include Swiss chard and sugar beets 	<ul style="list-style-type: none"> •Vitamin A •Vitamin B •Vitamin C •Potassium •Iron
Carrots	<ul style="list-style-type: none"> •Orange •Sweetest when young and slender 	<ul style="list-style-type: none"> •Member of the parsley family 	<ul style="list-style-type: none"> •Vitamin A
Celeriac	<ul style="list-style-type: none"> •White-ish brown •Knobby shape •Hints of celery and parsley flavour 	<ul style="list-style-type: none"> •Also known as celery root •Can be eaten raw or cooked 	<ul style="list-style-type: none"> •Vitamin C
Jicama	<ul style="list-style-type: none"> •Thick brown skin and white crunchy flesh •Nutty, sweet flavour 	<ul style="list-style-type: none"> •Also known as a Mexican potato •Great raw or cooked 	<ul style="list-style-type: none"> •Vitamin C •Potassium
Parsnips	<ul style="list-style-type: none"> •Creamy flesh •Mild, sweet flavour 	<ul style="list-style-type: none"> •Used more for flavour than for nutritional content 	<ul style="list-style-type: none"> •Iron •Vitamin C
Potatoes	<ul style="list-style-type: none"> •Skin varies from light to deep brown, to russet •Flesh from snow white to buttery yellow 	Varieties include: <ul style="list-style-type: none"> • russet • long white • fingerling • round white • round red • Yukon gold • All Blue • new potato 	<ul style="list-style-type: none"> •Vitamin C
Radishes	<ul style="list-style-type: none"> •Red or black skin •White flesh •Crisp and peppery flavour 	<ul style="list-style-type: none"> •From the mustard family •Best eaten raw 	<ul style="list-style-type: none"> •Potassium •Vitamin A
Rutabaga	<ul style="list-style-type: none"> •Mild, sweet flavour •Skin is purplish at the top of its globe •Flesh is creamy yellow •Larger than the turnip 	<ul style="list-style-type: none"> •Also known as a Swede •Cross of a cabbage and a turnip 	<ul style="list-style-type: none"> •Vitamin A •Vitamin C
Salsify	<ul style="list-style-type: none"> •Delicate flavour similar to artichokes with a touch of coconut •Reminiscent of oysters 	<ul style="list-style-type: none"> •Also known as an oyster plant •Eaten as a vegetable •Add to soups and savoury pies 	
Sunchoke	<ul style="list-style-type: none"> •Brown-skinned •Nutty and sweet •Crunchy texture 	<ul style="list-style-type: none"> •Also known as Jerusalem artichoke 	<ul style="list-style-type: none"> •Iron
Sweet potatoes	<ul style="list-style-type: none"> •Shades of orange •The darker variety has a sweet, moist flesh when cooked 	<ul style="list-style-type: none"> •Akin to potatoes, can be prepared in as many ways 	<ul style="list-style-type: none"> •Vitamin A •Vitamin C
Taro root	<ul style="list-style-type: none"> •Soft brown with white flesh •Nutty flavour 	<ul style="list-style-type: none"> •Also known as a dasheen •Its greens can be prepared like turnip or mustard greens 	
Turnips	<ul style="list-style-type: none"> •Skin is purplish at the top of its globe •Flesh is creamy •Sweet, delicate when young; woodier when older 	<ul style="list-style-type: none"> •Cousin to the rutabaga, but smaller and less dense •"Turnip greens" are popular 	<ul style="list-style-type: none"> •Vitamin C
Yuca	<ul style="list-style-type: none"> •White, firm flesh •Long, tapered root •Sweet flavour •Crisp and starchy texture 	<ul style="list-style-type: none"> •Also known as a cassava or manioc 	<ul style="list-style-type: none"> •Vitamin C •Iron