



Root vegetables come in many shapes, sizes and colors, are very nutrient-rich, and are typically available year-round. Below is a chart indicating when some common root vegetables are in season. If chewing is difficult, root vegetables can easily be softened using a variety of cooking methods (e.g., baking, steaming).



Root Vegetable	In Season
<i>Beets</i>	January - December
Carrots	January - December
<i>Garlic</i>	January - December
<i>Parsnips</i>	January - May, October - December
<i>Rutabagas</i>	January - April, October - December
<i>Sweet Potatoes</i>	September - December

Carrots: Bite Into This Nutritious Root Vegetable

Canned carrots are available in a sliced or crinkle cut form. Each 15-ounce can contains 1¾ cups (3, ½-cup servings).

Storage:

- ◆ Store unopened canned carrots in a cool, dry place such as a kitchen pantry or cabinet for up to two to five years.
- ◆ Once opened, place in resealable plastic bag or airtight container and store in the refrigerator for up to four days. Do NOT store the carrots in the original metal container.
- ◆ After opening, canned carrots can be frozen for one to two months. Simply place in a freezer bag or airtight container prior to freezing.



Nutrition: 1 cup canned carrots:

- ◆ Provides about 36 calories, vitamin C (supports immune system) and beta carotene (aids in eye health), and are fat- and cholesterol-free.
- ◆ Counts as one cup from the MyPlate vegetable group

Uses:

- ◆ Add to soups, chowder or casseroles to pack in additional vegetables
- ◆ Purée and stir into mashed white or sweet potatoes
- ◆ Create glazed carrots for a delicious and nutritious side dish

To lower the sodium content of canned carrots, simply drain them in a colander and rinse with water.

Did You Know? The average American eats 10.6 pounds of carrots per year!

Do you love fresh produce and herbs?



The Senior Farmers' Market Nutrition Program (SFMNP) is a federally-funded program administered by the Iowa Department of Agriculture. The SFMNP provides eligible older adults with vouchers that can be exchanged for fresh-cut herbs, fruits, honey and vegetables at community-supported agriculture programs, farmers' markets and roadside stands.

SFMNP vouchers will be distributed by Iowa Area Agencies on Aging from **June 1st through August 31st** on a first-come, first-served basis.

To obtain your voucher or for more information about the program or your eligibility, please contact Polk County's Area Agency on Aging at (515) 255-1310 or (800) 747-5352.

Garden Pork Sauté

Serves: 4
Serving Size: 1¼ cup

Ingredients:

½ teaspoon olive or vegetable oil
1 pound uncooked pork, trim fat and cut into ¾-inch cubes
2 cloves garlic, minced (or ½ teaspoon garlic powder)
2 cups **canned carrots**
1 cup water
1 3-ounce package ramen noodle with soup mix
2 teaspoons dried Italian seasoning or dried oregano
2 cups sliced zucchini



Instructions:

1. Heat oil in large nonstick skillet over medium-high heat until hot. Add pork and minced garlic. Cook and stir 3 to 4 minutes.
2. Add carrots, water, seasoning packet from soup mix, Italian seasoning or oregano and garlic powder, if using.
3. Gently break the block of noodles in half; add noodles and zucchini to skillet. Boil, uncovered, 4 to 5 minutes or until zucchini is tender and noodles are cooked, separating noodles gently as they soften.

Nutritional analysis (1¼ cup): 280 calories, 11g fat, 4g saturated, 0 g trans, 560 mg sodium, 22 g carbohydrates, 3 g fiber, 4 g sugar, 25 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website,
www.extension.iastate.edu/foodsavings

Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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