


HARVEST OF THE MONTH:

Root Vegetables





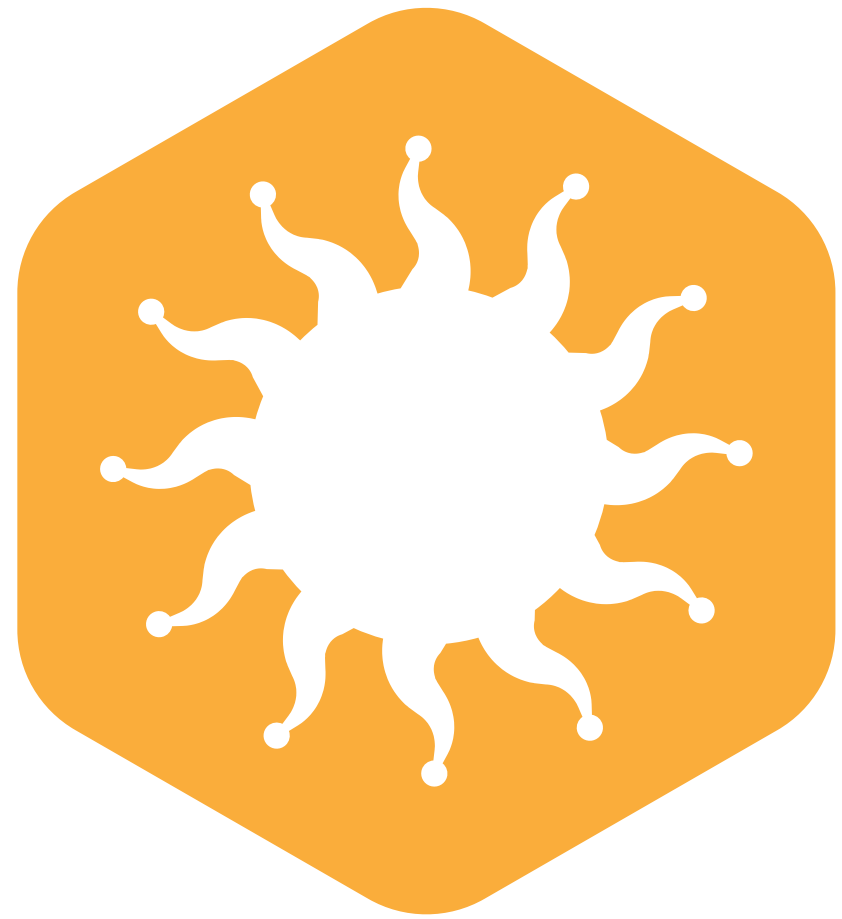
In SD, turnip and rutabaga seeds can be planted in the spring.



Root vegetables grow in the ground. We eat the taproot of the turnip and rutabaga.

HOW DO ROOT VEGETABLES GROW?

WHAT SEASON DO WE PICK ROOT VEGETABLES?



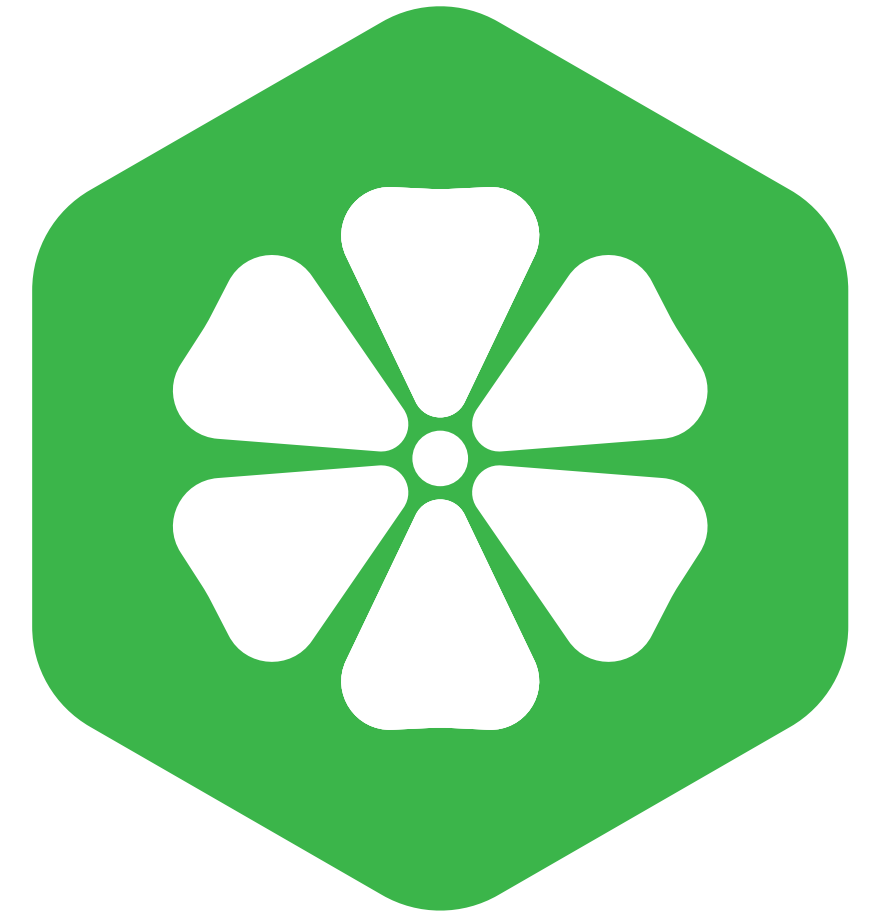
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT ROOT VEGETABLES?

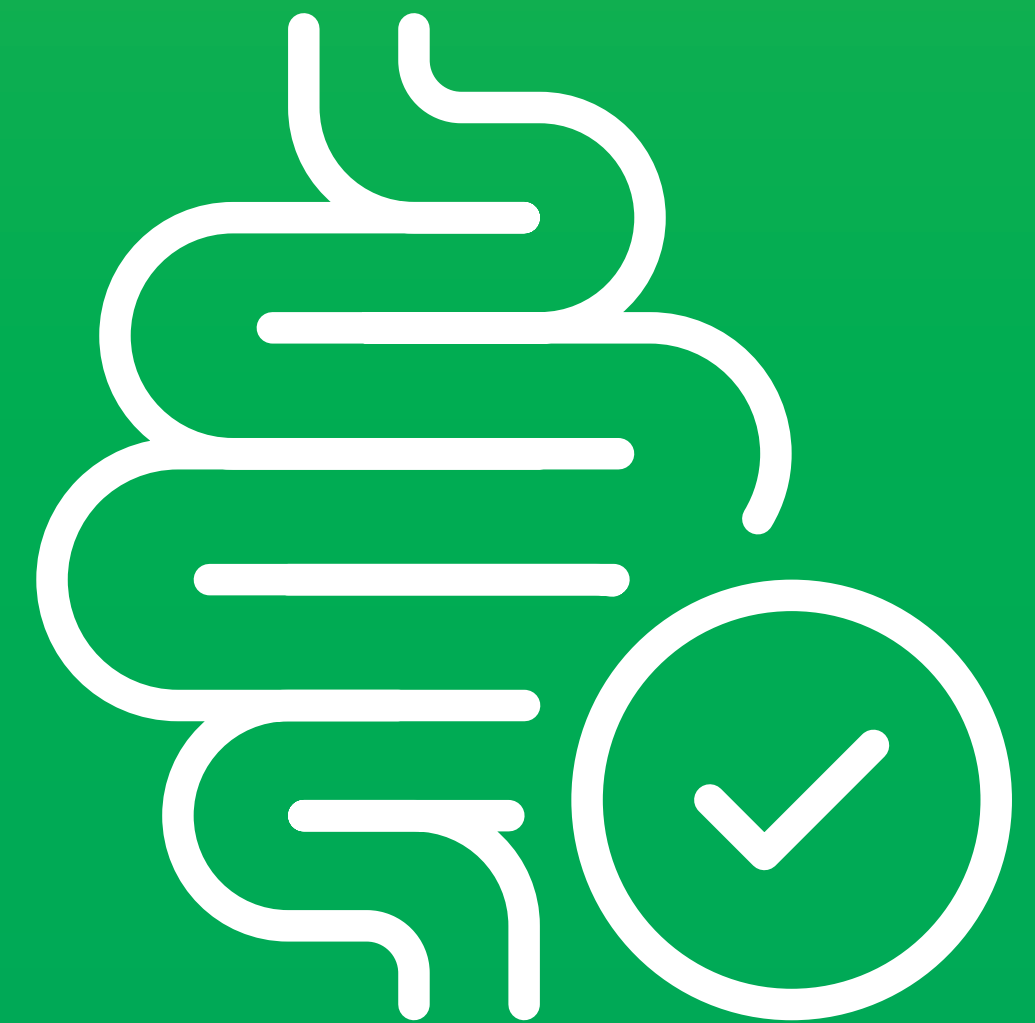
**Healthy immune system
(prevents colds)**



**Healthy bodies
(energy for cells)**



**Healthy digestion,
cleans out your system**



HOW DO YOU PICK A GOOD ROOT VEGETABLES?

- Jicama should be smooth with no bruises or spots.
- Turnips should be round, smooth, and firm.
- Rutabagas should be round, smooth, and firm.

FUN FACT: Jicama is not grown commercially anywhere in the United States.





LET'S TRY SOME
**Root
Vegetables!**

