

Louisiana HARVEST *of the* MONTH



Root Crops

Fun Facts About Root Crops

- You can eat the tops (leaves) and bottoms (roots) of all of these root crops!
- Energy is stored in the roots of these plants in the form of starches or sugars.
- Beet juice is often used as a natural dye.
- The most popular carrot color in the U.S. is orange, but carrots can also be purple, red, yellow and white.



Root Crops Are Nutritious and Good for You!

- Root crops are excellent sources of fiber, antioxidants and vitamin C.
- Carrots and beets are high in vitamin A, which supports good eyesight.
- A cup of mashed turnips has 51 calories and as much calcium as half a slice of cheddar cheese.



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