

FALLS BOUNTY: ROOT VEGETABLES BY MARY JO KURTZ

The fall harvest brings an abundance of root vegetables. These vegetables are extremely important in our diet at this time of year. Like the roots of all plants which provide its anchor and foundation, root vegetables supply us with similar properties when we eat them. They can make us feel rooted and grounded while also increasing our stamina, endurance and stability. During this time traditionally of hard work, harvesting the fields and preparing everything for the winter's rest, these vegetables are the earth's way of supplying us with the necessary nutrients to accomplish all that needs to be done. *It's really that simple!* Root vegetables are a great source of complex carbohydrates and a natural steady source of sugars for the body. They help to regulate blood sugar levels when eaten instead of refined sweets. By the way, this is a great trick to help alleviate sweet tooth cravings!

Some yummy root veges to try this season are: parsnips, carrots, burdock, daikon radish, turnips, beets, rutabagas. All you have to do is cut a variety into bite size pieces, roast them with some olive oil and herbs and enjoy!

Remember to include root veges in your diet this winter. Your body will thank you!