



Root Vegetables

Root vegetables are underground plant parts that we eat as a food. The roots grow into the ground from the base of the plant. They come in a rainbow of colours and a number can be eaten raw or cooked. Examples of root vegetables include:



Carrots



Potatoes



Turnip



Parsnip



Onions



Sweet potato



Beetroot



Garlic



**Celery root
(Celeriac)**



Sugar beet



Horseradish



Radish

Interesting facts you might not know about

Root vegetables:



Root vegetables grow underground, they absorb a great amount of nutrients from the soil they grow in



Root vegetable plants store energy in their roots, this support their leaves and flowers



Most root vegetables need to be cooked before eating, but some (such as carrots) can be eaten raw



Potatoes are a type of root vegetable called a tuber



Parsnips are particularly tasty in winter, because frost in the soil makes them taste sweeter



Radishes are very quick-growing root vegetables – from seed to vegetable in about four weeks



Onions and garlic are members of the allium family, and are a type of root vegetable known as bulbs



Root vegetables contain very little fat



Sweet potatoes are a type of root vegetable similar to a Yam, with purple skin and orange flesh

Sugar beets are used to make table sugar

This list is not exhaustive

