

Root Veggies

Root veggies are not all from the same plant family, but all are edible taproots that grow underground.

Edible roots come in many sizes, shapes, and colors. They all provide fiber and are a great way to add color to your plate.

In addition to steaming, baking, or roasting, these root veggies can also be thinly sliced and enjoyed in their raw forms.



Radishes and beets are harvested in the spring; carrots are harvested in Georgia from December through June.

Carrots are among the top 10 vegetables produced in Georgia, per the most recent Georgia Farm Gate Value Report.

Beets and radishes are not known for their commercial production in GA, but they are popular choices for school gardens.

Many people claim these root vegetables are sweeter when Georgia grown because of our climate.



Georgia Department of Education School Nutrition

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