



Harvest of the Month

ROOT VEGETABLES



RECIPE: CURRIED CARROT SOUP

Carrots are cooked in chicken broth and mixed with curry powder and onions to create a unique and delicious flavor. Try this soup on a cold fall or winter day to warm up your students!

INGREDIENTS

- 1/2 cup 2 Tbsp olive oil
- 2 1/2 cups chopped fresh onions
- 7 lb 6 oz fresh carrots
- 1.75 gallons + 2 cups chicken broth
- 1/3 cup 6 1/2 tsp curry powder

YIELD: 50 - 1/2 CUP SERVINGS

- 1/2 tsp cayenne pepper (optional)
- 1 1/4 tsp salt
- 2.5 lb sour cream (optional. Soup could be vegan if sour cream is omitted and broth is vegetable stock)

PREPARATION

1. Heat olive oil in pan. Saute onions and carrots for 5 minutes.
2. Add chicken broth, curry, and cayenne and salt. Simmer until carrots are very tender. (Salt and cayenne are optional and can be added to taste at the end instead of in this step).
3. Once vegetables are tender, process soup with an immersion blender until soup is pureed and well blended. Add additional stock if needed.
4. Garnish with a swirl of sour cream if using. Serve.

Adapted from: Windham/Raymond Schools & Healthy School Recipes

MEAL PATTERN CONTRIBUTION | 1/2 cup red/orange vegetable

RECIPE: UNDERGROUND CANDY

This vegetable side dish is so sweet it tastes like candy. The combination of flavors from rutabagas, turnips, parsnips, carrots and sweet potatoes is very complimentary in this dish. It is a perfect recipe for introducing new root vegetables to children.

YIELD: 50 - 1/2 CUP SERVINGS

INGREDIENTS

- 1.25 lb diced fresh carrots
- 2 lb diced fresh parsnips
- 6.25 lb diced fresh sweet potatoes
- 2.25 lb diced fresh turnips
- 2.25 lb fresh diced rutabaga
- 7 oz olive oil
- 1 Tbsp 1 tsp salt
- 1 Tbsp 1 tsp pepper

PREPARATION

1. Wash and cut vegetables into 1/2-inch diced pieces. Toss with oil and season with salt and pepper.
2. Spread in a single layer on sheet pans and bake at 300° F for 20-30 minutes or until roasted and soft.
3. Can be served hot or cold

Adapted from: Oklahoma Farm to School & Healthy School Recipes

MEAL PATTERN CONTRIBUTION | 3/8 cup starchy vegetable
1/8 cup other vegetable



RECIPE: PARSNIP BISCUITS

YIELD: 50 (1 BISCUIT) SERVINGS

This recipe is from the 2021 Farm to School Cook-Off, where the challenge ingredients were local parsnips and eggs!

INGREDIENTS

- 2.50 lb parsnips- peeled weight, giving 1/2 c puree
- 1 lb 2 oz whole wheat flour
- 1 lb 2 oz all purpose flour
- 1/4 cup baking powder
- 1/2 cup sugar
- 2 Tbsp cinnamon
- 1 Tbsp nutmeg
- 2 Tbsp salt
- 2 cups butter
- 2 cups buttermilk

PREPARATION

1. Cut parsnips into chunks and boil or steam until tender (10 minutes)
2. Blend into a puree
3. Remove chunks that do not blend
4. Preheat oven to 400°
5. In food processor pulse together flour, baking powder, sugar, cinnamon, nutmeg, and salt
6. Add the butter and pulse until you have breadcrumb texture
7. Add the buttermilk and parsnip puree and pulse a few times until combined and coming together but do not overmix
8. Tip mixture onto a floured surface and pat out the dough with floured hands
9. Fold it over and pat out again to give you a layer around 3/4 in thick
10. Cut out circles with a cutter or glass, trying to not twist as you cut, and place the circles on a greased baking sheet
11. Bake for 12-15 min until risen and lightly brown

Adapted from: RSU54's 2021 Farm to School Cook-Off team, Team SonDay

MEAL PATTERN CONTRIBUTION | 1.25 oz grain

