



A Nutrition Resource



HARVEST VEGETABLES

Fall Harvest Vegetables

These hearty vegetables are usually planted in mid-summer to be ready for harvesting in the fall. Traditionally, fall harvest was a time to collect food needed to survive harsh winters; many of these vegetables are conveniently able to keep for long periods of time, even as long as months, when stored properly.

Roasting is a good way to cook vegetables like beets, carrots, turnips, sweet potatoes, parsnips, and potatoes. Wash and chop the vegetables, mix with a little oil, salt, and pepper, and bake on baking sheet in a 400°F oven until vegetables are soft – 15-45 minutes depending on type of vegetables and size of chunks.

Beets

STEAM: Wash beets gently. Put the beets in the pot and add enough water to just cover them. Cover with a lid and bring the water to a boil. Reduce heat to medium and simmer until beets are easily pierced with a knife, about 15 to 30 minutes, depending on the size of the beets.

Sweet Potatoes

MICROWAVE: Pierce potatoes with a fork in several places. Microwave on high for 5 to 7 minutes or until tender, turning the potatoes once.

SWEET POTATO FRIES: Cut sweet potato into wedges and toss with a little oil, cayenne pepper, paprika, and salt. Bake on a baking sheet at 400°F until tender all the way through, 30 to 40 minutes.

Carrots

ADD TO SALAD: Top any salad with grated or sliced carrots.

ADD TO EGGS: Add shredded carrot to scrambled eggs or frittatas.

ADD TO SANDWICHES: Add grated carrots to hot or cold sandwiches – even peanut butter

Parsnips

USE IN HASH BROWNS: Add grated parsnips to grated potatoes when making hash browns.

PARSNIP FRIES: Cut parsnips into 3½ inch strips, toss with vegetable oil, season with salt and pepper, and bake on a baking sheet in 450°F oven for 10 minutes. Turn over and roast for another 10 minutes.

Turnips

ADD TO SOUPS OR STEWS: Add turnips to meat or vegetable soup, stew, broth, or stock.

Kale

MASSAGED KALE SALAD: Wash and dry kale, remove stems, and cut or tear into pieces. Massage with vegetable oil, lemon juice, salt, and pepper. Let sit in fridge for 10 minutes.

KALE CHIPS: Wash and dry kale, remove stems, and cut or tear into pieces. Massage in ½ Tablespoon of oil per baking sheet of kale chips. Spread in a single layer on a baking sheet. Bake at 300°F for 10 minutes, rotate pan, and bake for another 15 minutes. Let cool 3 minutes and eat right away.

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MONTANA
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EXTENSION

Winter Squash

TO BAKE WINTER SQUASH WHOLE: clean the squash, pierce several times with a sharp knife. Bake at 400° until tender and pierced easily with a fork, about 60 minutes.

TO BAKE WINTER SQUASH IN HALF: Clean the squash, cut in half, remove seeds and strings (leave strings in for spaghetti squash), place squash cut side down in pan, pour ¼ inch water in pan, bake at 350° until tender, about 45 minutes.

SPAGHETTI SQUASH: Have spaghetti squash instead of spaghetti for dinner! Cook the squash as above. Scoop out flesh and serve with marinara sauce.

Winter Squash Soup

Yield: 5 Servings | Serving Size: 1 cup

- 2 teaspoons vegetable oil
- 2 cups sliced onions
- 2 pounds winter squash, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 pears, peeled, cored, and diced, or 1 can (15 ounces) sliced pears, drained and chopped
- 2 cloves garlic, peeled and crushed
- 2 Tablespoons coarsely chopped, peeled fresh ginger or 1 teaspoon powdered ginger
- 1 teaspoon dried thyme
- 4 cups low-sodium chicken or vegetable broth
- 1 cup water (or more)

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger, and thyme. Cook for 1-2 minutes, stirring frequently.
4. Add broth and water; bring to a boil. Reduce heat to low and cover with a lid; simmer until squash is tender, about 35-45 minutes.
5. Puree soup, in batches if necessary, in a blender. Return soup to pot. Stir in additional water to reach desired consistency and heat through.
6. Serve warm with a whole grain roll and a green salad.

*Adapted from foodhero.org

Nutrition Facts	
5 servings per container	
Serving size	1 cup (540g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 32g	12%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 564mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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