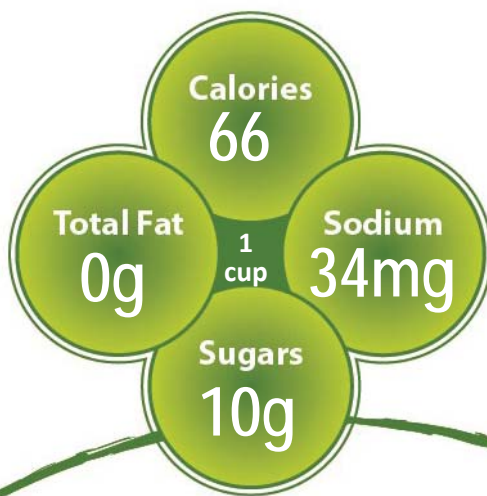


# Harvest of the Month

Rutabaga



## FUN FACTS:

Rutabagas are root vegetables, and a relatively newcomer in the world of vegetables. They were virtually unknown in the U.S. until the early 1800s.

They are part white and part purple, with a creamy yellowish-orange flesh. They can be eaten raw or cooked but must be peeled before eaten. When roasted, they have a slight sweet flavor.

Rutabagas are loaded with many vital nutrients. They are high in antioxidant and anti-cancer compounds, and very high in vitamins C and A.

This institution is an equal opportunity provider.

