

BROOKLYN_BORN

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A city girl goes country (part 3) – discovering new vegetables

Monday, April 29, 2013

For someone who grew up expecting the Jolly Green Giant to supply her vegetables it's an experience to realize the variety that is available.

Parsnips, rutabagas, turnips - oh my!

Now that DH has prepared our soil and tilled in some of the 240 lbs of manure he bought, we actually have to plant something.

Tomatoes, of course, and lettuce and beans since I know what to do with those. But DH reads and reads so more possibilities are emerging. I cautioned him that the worst thing would be to work hard and raise a bumper crop of something we hated, which leads me to my new acquaintance with "root vegetables." I refuse to plant anything I haven't actually eaten first.

I know carrots and red beets grow in the ground. I like to eat carrots raw while my beets come pickled in a jar. These white veggies were new to me.

Fortunately, thanks to a neighbor, I learned that I could put them in a crock pot – my favorite method of cooking since I don't have to watch it.

1 lb parsnips,
1 rutabaga, 1 turnip (weight unknown)
1 lb of carrots
2 chopped onions
2 sweet potatoes
1 cup dried cranberries (my package had pomegranates mixed in)

DH helped me peel and chop up all this stuff.

Put everything in the crock pot with the potatoes on top. I "pammed" it first.

Then whisk together 3 tbl olive oil, 2 tbl balsamic vinegar, 1 tbl brown sugar and some salt and pepper and just pour it over the top of everything.

4 hours in the crock pot on high and we had 3 days worth of healthy veggies that have the "junk food king's" seal of approval.

DH says that root vegetables will grow in our climate through the winter. That would be nice, but if not, I don't mind buying them. My taste buds are becoming more adventurous.

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DESERTJULZ

Oooh! I'm just learning how to make meals in a slow cooker. I'd never had one, never really seen the point, until some fellow Sparkers inspired me. So it was on my Christmas wish list and lo & behold, a slow cooker! I'll have to try your roots recipe. :D

2967 days ago



DDOORN

Yummy stuff! Jealous of your veggie garden! I've tried for the past few years, but failed miserably to grow veggies. I think I don't take enough time...doubt I'll ever HAVE the time I need until I retire...lo!

I tried brussel sprouts & kale a while back, thinking I oughta break outta the same old, same old with veggies...but nope, they were still not a winner. Perhaps kale in some of my home made crock pot soups? LOVE crocking my food! :-)

Don

2967 days ago



BAZOOKABOBCAT

AWESOME!! I'm going to try growing potatoes and onions this year! Along with squash, salad greens, beans, and cabbage!

2967 days ago



CD8467616

Beet greens! When they are young and not too chewy I saute them like chard -- in olive oil with chopped garlic and ginger. Yum.

2967 days ago



WATERMELLEN

Mmmmm: sounds great! Now if you added some grated beet I'm thinking it would all turn a glorious deep pink colour . . .

2967 days ago



BOOKAPHILE

Way to go! Healthy veggies, new taste sensations, great new recipes, and home grown. I love following what you're doing.

2967 days ago



SHOAPIE



2967 days ago



WILSONWR

Glad you're experimenting with new foods. I wish you the best with your garden!

2967 days ago



CD13680648

I love root veggies. Our little garden in the backyard is currently planted with radishes, turnips, beets, and daikons (huge white radishy things with a mild flavor, great in stews). Leeks and onions going in shortly, if those count, and carrots once the warm weather is here for good.

Other than the first greens, the beets are what I look forward to the most from the garden this year. My husband knows a way to cook them that is just drop-dead incredibly delicious.

2968 days ago



LEWILL1982

Yummy! I love parsnips. If you like curry powder, tumeric and ginger, add a can of diced tomatoes and some water with butternut squash, carrots, onions, mushrooms, parsnips, garlic, any other green vegetables (beans, brussel sprouts, zucchini). Simmer it all on low and serve it over quinoa. If you want an actual recipe, let me know, I'll find it for you and send it to you. :-)

2968 days ago



DR1939

Try them roasted. They are sweet. My favorite from the farmers' market is beets. They are good boiled and sliced. You don't even have to peel them. Just boil and then slip the skins off.


2968 days ago





1FARMER

Congratulations from a PA country girl. You have survived the trial by manure also called by my son the "you want me to shovel" what test. I am proud of your sense of adventure. I hope to

hear much more about your new form of exercise. Enjoy!  Jeanne
2968 days ago



GINIEMIE

I like root vegetables, and when we were growing up we ate cooked beets with some sweet/sour sauce on them. I just enjoy them cooked with balsamic-which I use now to make sweet sour cabbage too. I then eliminate the sugar, with diabetics in the family it's one way to trim their sugar content and let them have their favorites.



2968 days ago



SLENDERELLA61

I love veggies, almost all kinds. But parsnips and rutabagas have not been my favorite. But your recipe looks really, really good. I may just have to try it!! Thanks for posting and best of luck with your gardening. -Marsha
2968 days ago



DOVESEYES



2968 days ago



COCK-ROBIN

Amazing!
2968 days ago

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