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Root Vegetables:

- They grow underground and gain a great amount of nutrients from the soil.
- Sweet Potato: has beta-carotene that supports skin and vision health
- Turnip: Small, tender varieties are grown for people to eat, while larger varieties are grown for livestock
- Ginger: a powerful anti-inflammatory, combats nausea and can lower blood sugars, and cholesterol
- Garlic: improves immunity and has been grown for thousands of years
- Radishes: have anti fungal properties
- Carrots: very high in beta-carotene which helps the eyes and is turned into vitamin A by the body
- Different types of roots we can eat include: **bulbs** (fennel and onion), **taproots** (beets, carrots, and parsnips), **tuberous roots** (sweet potato and yucca), **tubers** (potatoes and yams), **corms** (celery root and water chestnut), and **rhizomes** (ginger & turmeric).

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