When the summer produce selection dwindles, it’s time to discover your roots – vegetable, that is. Root vegetables have a lot to offer nutritionally; they are excellent sources of fiber, minerals, phytochemicals, and vitamins. Their flavor peaks from late October through January. These vegetables can be prepared a number of ways, from roasting to pureeing, and are found in everything from salads to main dishes. Root vegetables are also economical, as they keep well and many can be bought individually, reducing waste.

Not everything that grows below the ground is a root vegetable. Sweet potatoes, white potatoes, and jicama are not roots, but tubers. Onions, garlic, and shallots are underground bulbs. All are delicious, though, and many blend well with true root vegetables. Here are some less common root vegetables to try, along with shopping and storage tips:

**Beets**

Beets come in a wide variety of colors, including red, pink, white, and golden yellow. Choose beets that are firm and have smooth skins and bright-green crisp greens. Cut off tops one inch from the root; crisp, young greens may be cooked like chard. Store beets unwashed and refrigerated in a plastic bag for up to 10 days. Scrub beets well with a vegetable brush under cold running water. Naturally sweet, beets can be steamed, baked or roasted, and are easier to peel after cooking. You may want to wear disposable gloves when touching them to avoid stained hands. Canned beets can be used in place of fresh in most recipes.

**Celery Root (Celeriac)**

This knobby root has a delicious celery/parsley-like flavor. Choose small roots that are heavy for their size. Remove any greens and store unwashed and refrigerated in a plastic bag for up to a week. Like potatoes, celery root discolors when peeled; to prevent this, put the peeled root in lemon water until ready to use. Serve boiled or pureed, or use as a substitute for cauliflower or fennel in recipes.

**Parsnips**

Sweet and nutty, these roots look like white carrots. Purchase firm roots that are small to medium in size (larger ones may be woody) and have smooth, unblemished skins. Store unwashed and refrigerated in the crisper in a perforated plastic bag for up to four weeks. Unlike carrots, parsnips are too fibrous to eat raw. Scrub well under cold water, peel, then trim both ends. Chop into even pieces and cook by baking, steaming, or stir-frying. Add parsnip “corns” to soups or stews, as you would carrots. Cinnamon, nutmeg, and ginger complement their flavor.

**Radishes**

While it’s easy to find the familiar red radish at the grocery store, other varieties await at farmers’ markets: white, daikon, black, purple and lavender. The black radish is almost as strong as horseradish, but the large, white daikon is mild. Purchase radishes that are firm and not spongy. The root end should be white and crisp. Remove greens and store radishes unwashed and refrigerated in plastic bags for one week. Radishes are great for munching raw or accenting salads, or make an open-faced “tea” sandwich of thinly-sliced radishes over fat-free cream cheese.

(continued on back)
Eat & Tell Tales...

Thanks for helping to kick off the “It’s Gotta Be You ... Strength from WHItl-It” campaign with the Eat and Tell challenge in the last newsletter. You were asked to count up your fruit and vegetable servings on a single day, record that number on a postcard, and mail it back. Well, the cards came in ... and in ... and in! 7,545 participants took part in the challenge! Those who participated reported an average of 6.25 servings of fruits and vegetables for the day. That’s terrific!

On a single day, Dietary Change participants reported 47,146 servings of fruits and vegetables! That’s an amazing amount! Postcards flowed in from around the U.S., and even some far-flung points on the globe, including Sweden and Australia. Kudos to the three Clinical Centers which had the highest percentage of women participating in the challenge: Oakland, Atlanta, and Milwaukee. Congratulations to the Seattle Clinical Center participants, who led the country with an average of 8 servings of fruits and vegetables.

The “It’s Gotta Be You ... Strength from WHItl-It” campaign offers participants a chance to reflect on their participation in WHI and rediscover what provides internal motivation, the strength within. The campaign consists of four parts:

* Written materials mailed to you
* A telephone call from your Clinical Center staff
* Written materials matching your area of interest
* Discussion during your dietary sessions

The campaign runs through 2001. Many of you have already received the materials and phone call. If you haven’t, your nutritionist will contact you.

“It’s Gotta Be You...”

Strength from WHItl-It

Irene Gluth, a Dietary Change participant from the Story Brook Clinical Center, was so inspired by WHI’s “It’s Gotta Be You, Strength From WHItl-It” campaign, she penned a song about her fellow participants and their efforts to follow the eating plan. Set to the tune, “It Had To Be You,” consider it a musical pat on the back for changes well done!

It’s gotta be you
Just wonderful you
It’s strength from within
That’s making you win
And that’s all you know.

Good food at its best
Is put to the test
You know that it’s right
To help in the fight.

It’s gotta be you
Just wonderful you
It’s gotta be you.

Just wonderful you
You shopped and you planned
And finally found
What you could do.

Nobody else
Strives with such style
Finding success and
With a smile.

It’s gotta be you
Just wonderful you
It’s gotta be you!
Baked Carrots, Turnips, and Rutabaga

2 large carrots, quartered
1 medium turnip, quartered
1 medium rutabaga, quartered
1/4 cup dry white wine or vegetable broth
1 tablespoon apple juice concentrate
1 tablespoon honey or brown sugar
1 teaspoon grated lemon rind

Preheat oven to 350°F. Lightly oil a 2-quart casserole dish. Arrange carrots, turnips, and rutabaga in casserole. In a small bowl, combine wine or broth, apple juice concentrate, honey or brown sugar, and lemon rind. Drizzle over root vegetables. Cover vegetables with aluminum foil and bake until tender, about 40 to 50 minutes.

Serves 4-6
Fat: 0 grams per serving
Fruit/Vegetables: 1 per serving
Recipe from Jan Wolff, Hackensack University Medical Center
Beets with Pineapple Sauce

This beet dish is so versatile, it can be served hot or cold, as a side dish to any meat entrée, or as a salad on a bed of greens.

4 medium beets
1 teaspoon cornstarch
1 tablespoon red-wine vinegar
1/2 cup crushed pineapple
1/4 cup pineapple juice
1 teaspoon grated fresh ginger
1/2 teaspoon sugar
1/4 teaspoon grated orange rind

Preheat the oven to 375°F.
Scrub beets well under cold, running water, but do not peel.
Individually wrap the beets in foil.
Place on a baking sheet and bake for 60 minutes, or until tender when pierced with a sharp knife. Set aside until cool enough to handle.
Peel off the beet skins. Trim off the stem and root ends; discard. Cut each beet into 8 wedges; set aside.
Place the cornstarch in a medium saucepan. Add the vinegar and stir to dissolve the cornstarch. Add the pineapple, pineapple juice, ginger, sugar, and orange rind. Bring to a boil over medium heat. Cook, stirring constantly, for 1 minute, or until the mixture thickens. Add the beets and stir to coat with the sauce. Cook for 1 minute. Serve hot or cold.

Serves 4
Fat: 0 grams
Fruit/Vegetables: 1 per serving
Recipe from Lynn Fischer, Fabulous Fat-Free Cooking
Some people follow their dreams. JoAnn Scott followed the music. Sitting on her Massachusetts porch one day, she heard bagpipe music playing in the distance, which she thought was a recording. "It would stop and start, and I said, 'Oh, they are going to ruin that record!'" JoAnn recalls. "Then I realized it wasn't a record; it was somebody playing." For the next three weeks, she followed the sound throughout her neighborhood. "I finally walked through someone's yard, over their fence, into a garden, and found a man playing the bagpipes. That's where it started," she laughs. She asked the player for lessons, and bagpipes became her passion at age 40.

That was 19 years ago. JoAnn joined a band, took lessons from one of the top pipers in the country, and within five years, became a top-notch player herself. She was the first American-born woman to play in the Silver Medal competition at the Argyleshire Gathering in Scotland, one of the toughest bagpipe contests in the world. "It was very exciting — a dream come true," she says. "It was an honor just to be there."

JoAnn's specialty is piobaireachd (pi-o-bra.uk), the classical music of the bagpipe. "I love the feeling of the piobaireachs," she explains. "I think the music is very stirring and I love the pleasure it gives people." Not that it was easy to learn. Considered the third most difficult instrument to play, JoAnn remembers the initial struggles: "Just holding it is like making love to an octopus!" She also needed to memorize the music, which can be up to 21 minutes long.

JoAnn has dabbed in other hobbies — stained glass design, mountain rescue, even car racing — but nothing has held her interest like the pipes. Though she's no longer competing in solo competitions, she still has fun playing in the Manchester Pipe Band, performing at weddings and funerals, organizing competitions, playing in parades, and teaching students weekly and at summer school sessions. All this, and full-time work, too.

Her day job is what led JoAnn to WHI. She's worked in the health industry for 40 years, currently as the administrator of the Family Practice Residency Program at the University of Massachusetts Medical Center. She joined the Dietary, Hormone, and Calcium/Vitamin D studies at the Worcester Clinical Center five years ago. "I know the value of research," she says. "There has not been a lot of research on women's health, which was always of some concern to me. I love being in the study. Working with my group has been great — just being able to talk about issues like getting enough grains. I never used to look at labels, but now I look at labels on everything I buy."

JoAnn encourages her fellow participants to look at the big picture: "I hope people can keep their focus on the benefits of what this research study is going to do. It's not only for ourselves — the participants in the study — but the future of women's health."
Roasting for Vegetables (continued)

**Turnips**
Choose small to medium turnips which are heavy and smooth skinned. If your turnips are waxed, the coating must be peeled away before cooking. To store, remove greens and refrigerate turnips unwashed in plastic bags for up to two weeks. Young, crisp turnip greens make a good cooked vegetable. Treat turnips like potatoes by quartering them, then roasting, steaming, or boiling and mashing them.

**Rutabagas**
Often called Swede or yellow turnips, this vegetable is believed to be a cross between cabbage and turnip. In cooking, rutabagas can replace turnips. Buy rutabagas which are heavy for their size with unblemished skins. Peel away the wax coating before cooking. Remove any greens (these greens are not edible) and store roots in the refrigerator for up to two weeks. Their raw flavor is strong, but roasting, baking, steaming, braising, or microwaving brings out their sweet and peppery flavor. Rutabagas blend well with parsnips or potatoes.