

Root Vegetables

- 1. Complex carbohydrates, like those found in starch, provide the body with longer releasing energy. How does this differ from the energy provided by simple carbohydrates?**

Both complex and simple carbohydrates provide energy for use in the body. Because of their more complex structure, complex carbohydrates require more digestion than simple carbohydrates, and therefore provide energy at a slower, more even rate compared to that of simple carbohydrates. The comparatively slow energy release from complex carbohydrates causes blood sugar to rise (and then later drop) more slowly, leading to sustained feelings of satiety (fullness). Another form of complex carbohydrate, called dietary fiber, cannot be digested by humans and therefore does not provide a source of energy for the body. Dietary fiber does, however, play an important role in the body. Dietary fiber aids in normal intestinal elimination, helps sustain satiety, and can slow the rate of absorption of simple carbohydrates.

- 2. What is a root? What is a tuber? List examples of each.**

Roots are parts of a plant that usually grow downward, anchoring the plant into the ground, where they absorb moisture and nutrients. Examples include jicama, parsnips, radishes, rutabagas, and turnips. Tubers are a specific kind of root vegetable. Tubers form at the base of the plant and are the swollen tips of stems that grow underground. They store energy in the form of carbohydrates to support plant growth. Examples include potatoes and yams.

- 3. Sweet potatoes (a root) are a good source of potassium. (USDA defines a “good source” as supplying at least 10% daily value of a nutrient per serving.) List three other fruits or vegetables that are good sources of potassium.**

Beet greens, white potatoes, white beans, lima beans, cooked greens, bananas, carrot juice, and prune juice are some options.

4. What is the difference between annual and perennial plants?

An annual plant has a life cycle that only lasts one year, whereas a perennial plant can last 3-4 years or longer.

5. How do soils become compacted? What happens when the soil becomes compacted? How can we avoid compacting our garden beds?

People walking, cows grazing, machinery, and so on. Water doesn't drain properly, air may become trapped around plant roots, it can be difficult for tender seedlings to push their way up through the soil. Soil type makes a difference in compaction whether initially or through additives over time. Soil with sand tends not to compact as much as soil with clay or those that are rich in organic matter. Sandy and loamy soils (which have a mixture of sand, silt, clay, and organic matter) also do not absorb as much water. However, clay soil can become lighter when loamy soil is added, thereby reducing compaction.

Sources:

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www.garden.org

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