

EVERBLOSSOM FARM RECIPES

BY JODÉ LEMMON

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HONEY ROASTED ROOT VEGETABLES FROM THE KITCHEN OF ELIZABETH KELLY

If you're anything like me, you've been stretching to find new ways to use your root veggies. This week, I tried roasting them with a sweet honey / maple sauce. It's dee-lish! The quantities aren't exact, since everything depends on how many veggies you have. Just trust your instincts on the measurements.

Honey Roasted Root Vegetables

Start with a whole pile of root veggies of any variety. I used:

Carrots
Parsnips
Turnips
Celeriac
Shallots

APPROXIMATE amounts for seasoning about 12 to 14 cups of cubed roots:

1/3 cup honey
1/4 cup maple syrup
3 tablespoons olive oil
1/2 teaspoon salt

Pre-heat oven to 450 degrees. Wash and cube all veggies. (There's no need to peel any except the celeriac.)

In a large bowl toss them with the honey, syrup, oil, and salt.

Roast in a large uncovered casserole dish for as long as it takes to make all veggies soft, and slightly browned around the edges -- approximately 45 to 60 min. Stir veggies every 15 to 20 minutes during roasting.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

JOHN AND ELAINE BRANIGAN

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