

BUY FRESH - BUY LOCAL

Food of the Week: Salsify

Although, uncommon to most Americans, salsify has been a popular root among well-known characters. In 1982, John A. Freeman called salsify “[the] very special survival vegetable”. In addition, the root was one of the favorite items in Thomas Jefferson's garden. Today the root is popular in France, Russia, and Italy but is fairly uncommon on the U.S. market. In rare occasions it could be found on a local farmer's market, or in a specialty store.

Salsify Facts

The Latin name of salsify is *solsequium*, which means the flower that followed the course of the sun. Salsify is a white to tanned color root with a tender and mild taste. The flavor has been described as anywhere from asparagus and creamy coconut to an oyster-like flavor.

Salsify grows for approximately 120 days to a height of 3 feet and is either harvested in October or kept in the ground until spring. The root can be stored similar to carrots in a cool environment with the green tops removed to preserve the moisture of the root. The greens can then be used in salads.

The root is easy to prepare and can either be roasted, baked, boiled, steamed, or served au gratin.

Nutrition information (1/2 cup boiled):

Calories: 46, Carbohydrates: 11 g, Fiber: 2 g, Protein: 2 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 11 mg, Potassium: 192 mg, Calcium: 32 mg

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Recipe of the Week: Salsify and Vegetable Stew

Makes 8 servings

4 cups of salsify

1 small onion

½ cup carrot

½ cup turnip

½ cup of celery

10 strips of bacon

1 T half and half

1T parsley

1T lemon juice

pepper, grated nutmeg, sugar (optional for taste)

Cut the salsify into 2" pieces. Sprinkle them with salt and steep in water and milk. Cut onion, carrot, turnip, and celery into small pieces. Put these in a stew pan with the bacon cut into pieces. Cook for 20 minutes. Mix 1 oz of flour with a little bit of milk and stir in. The more milk the runnier the stew. Fill up with a quart of water, stir and bring to a boil. Add salsify and cook until tender. For flavor add the cream, parsley, and lemon juice. Season with pepper, grated nutmeg, and sugar.

Nutrition content per serving: Calories: 92 kcal, Carbohydrates: 13 g, Fiber: 3 g, Protein: 4 g, Fat: 3 g, Cholesterol: 7 mg, Sodium: 116 mg, Vitamin A: 199 RE, Vitamin C: 8 mg, Calcium: 45 mg, Folate: 18 µg

Recipe source:

<<http://www.botanical.com>>botanical.com

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