You might be wondering if potatoes are included in the root family. They are actually considered tubers, but they are interchangeable in cooking. So, let’s learn more about these delicious roots!

**Carrots**
- May be the most popular root vegetable because they are perfect to eat raw
- Crisp and sweet, can be paired with almost any spice or herb

**Sweet Potatoes**
- A potato-like vegetable that is hard and sweet
- Can be used in both sweet and savory dishes such as soup or muffins

**Beets**
- Dark red vegetables that are full of antioxidants
- Have an earthy and sweet flavor, best when roasted, steamed, or shredded raw

**Onions**
- Also considered a bulb because they don’t grow as deep in the ground
- Add a great flavor to any dish when raw or cooked

**Turnips**
- Subtle in flavor and pairs well with strongly flavored vegetables
- Great roasted, sautéed, or used in a stir-fry