



Roasted Vegetables
Quick Guide
6 cups vegetables
1/2 T -2 T oil
Salt to taste
Cook at 425, 25 minutes

Roasting Time

Thin Crops: 10 min
Depending on Size

- Asparagus
- Green Beans
- Radishes

Tender Crops: 10 min
Depending on Size

- Baby Romaine
- Bell Pepper
- Fennel
- Zucchini

Kohl Crop s/Tomatoes: 20 min
Depending on Size

- Broccoli
- Brussels sprouts
- Cauliflower
- Green Onion
- Kohlrabi
- Tomatoes

Roots: 30-45 min
Depending on Size

- Beets
- Carrots
- Garlic
- Onions
- Turnips

Winter Squash: 20-60 min
Depending on Size

- Acorn Squash
- Buttercup
- Delicata
- Hubbard
- Red Kuri
- Salmon River

COOKING 101

ROASTED VEGETABLES

Tools:

Cast Iron Skillet, Dutch Oven, or Oven Casserole Dish

To 'set it and forget it', use a lidded cooking dish. Veggies won't be as crisp.

To get crisper edges, cook uncovered and stir halfway through cooking.

Directions:

- Preheat oven to 400-425
- Chop Vegetables to similar thickness 1/2 in - 2 inches
- Toss Vegetables in a bowl with 1-2T oil
- Salt to taste
- Cook until tender and browned, but not blackened.

Variations to mix and toss with oil before cooking:

- Add fresh herbs
- Mix with a sprinkling of ground cumin and whole fennel seed
- Toss with generous amounts of minced garlic and/or cayenne



LVFarm Academy Cooking 101, Roasted Roots

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