



Mashed Root Veggies



Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free

Gophers are small rodents that live in underground burrows which they dig with their massive front teeth, called incisors. Their lips close behind their teeth when they dig, which stops dirt from getting into their mouth. They pull roots, bulbs, and leaves down into the safety of their burrow to avoid predators. Some irresistible root vegetables include sweet potatoes, carrots, parsnips, and turnips, which are packed with nutrients that keep gophers (and people) healthy and energized.

Gophers do not hibernate in the winter, but they do spend a lot of time in their burrows feasting on all of the roots, tubers, and stems they have stored in chambers.

Try this Mashed Root Veggie recipe to see why gophers are always on the search for tasty roots!

Steps:

Add in any of your favorite root veggies like fennel, sunchoke, celeriac, or rutabaga for a variety of flavors and nutrients.

Ingredients:

- 1 sweet potato
- 1 parsnip
- 1 turnip
- 1 carrot
- 1 tsp salt
- ¼ cup olive oil
- ¼ cup vegetable broth
- Salt and pepper to taste
- **Optional:** garlic powder

1. Wash your hands!
2. Wash all of the root veggies.
3. With the help of an **adult**, cut all of the root veggies into about 2 inch pieces.
4. Place all the veggies in a large pot and fill with cool water to cover. Add a teaspoon of salt.
5. **Adult:** Bring the pot of veggies to boil over medium heat and simmer for about 30 minutes, or until the veggies are very tender. Then drain the veggies and place them in a large mixing bowl.
6. **Adult:** Heat up vegetable broth in the microwave or in a small saucepan until warm.
7. Now for my favorite part: Mash the veggies! Use a fork or a potato masher to mash the veggies. Stir in the warm vegetable broth and olive oil until the liquid is absorbed and the veggies are smooth.
8. Season with salt and pepper, and add any yummy seasonings like garlic powder or smoked paprika.



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Top with your favorite mashed potato toppings and enjoy!