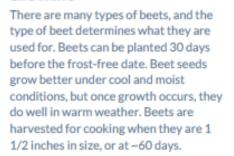




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#### GROWING





#### SELECTING

Select beets that are firm to the touch and have clean, smooth skins. Smaller ones will be more tender than larger ones. Beets come in a variety of colors but most of them have the same taste.



### **STORING**

Remove beet greens before storing. Beets can be stored at 32-40°F in a stirring with holes in it.



Beets are high in many vitamins a minerals and are rich in antioxidants. which are impor help fight cancer. Beets are n er (good for digestive health), and to helps with heart dise Linflam on), Beets althy diet are a type of should tain at Ic. ves



trub be the skin. Beets and beet greens are be tible and can be cooked, baked, eater v, juiced, microwaved, roasted, and pickled.







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### WING

There e many types of beets, and the e of beet determines what they are I for. Beets can be planted 30 days ore the frost-free date. Beet seeds grow better under cool and moist conditions, but once growth occurs, they do well in warm weather. Beets are harvested for cooking when they are 1 1/2 inches in size, or at ~60 days.



Select beets that are firm to the touch and have clean, smooth skins. Smaller ones will be more tender than larger ones. Beets come in a variety of colors but most of them have the same taste.



Remove beet greens before storing. Beets can be stored at 32-40°F in a plastic bag with holes in it.

### BODY

STORING

Beets are high in many vitamins and minerals and are rich in antioxidants, which are important to help fight cancer. Beets are high in fiber (good for digestive health), and folate (helps with heart disease and inflammation). Beets are a type of vegetable. A healthy diet should contain at least 2-3 cups of vegetables per day.



### KITCHEN

Scrub beets with soap and water without breaking the skin. Beets and beet greens are both edible and can be cooked, baked, eaten raw, juiced, microwaved, roasted, dried and pickled.





## BEET

DID YOU KNOW?
BEET JUICE IS OFTEN USED AS A NATURAL
DYE!



### ROASTED BEETS

Makes: 4 Servings, Total Time: 60 minutes

5 beets

3 Tbsp olive oil

Salt

### Directions

- 1. Preheat oven to 425 degrees.
- 2. Rinse beets and trim off leafy tops and root end.
- 3. Slice beets into thin slices and put by yl.
- 4. Put olive oil in bowl and toss wing so as to coat them.
- 5. Place tossed beets in a single layer on a baking sheet lined with par ant paper.
- 6. Sprinkle small amount of salt beets and roast in oven until bout minutes.

# ROASTED EETS

Makes: Total Time: 60 minutes

5 beets

3 olive oil

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### Directions

- reheat oven to 425 degrees.
- 2. Rinse beets and trim off leafy tops and root end.
- 3. Slice beets into thin slices and put in bowl.
- 4. Put olive oil in bowl and toss with beets to coat them.
- 5. Place tossed beets in a single layer on a baking sheet lined with parchment paper.
- Sprinkle small amount of salt onto beets and roast in oven until soft, about 12 minutes.



