



# SNAP-Ed

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# Growing in Washington Beets

## Quick Garden Tips

- 1 Beet seeds will germinate (begin to grow) best if you directly seed them into your garden and then keep the soil moisture level the same—do not let it dry out and then rewet.
- 2 Expect germination in 10 to 15 days and harvest within 50 to 60 days.
- 3 Beets draw water from the top foot of soil, so once they have a few leaves, they need to be watered less often than other types of plants with shallow roots.
- 4 Thin your beet seedlings to give enough space for each plant to grow and the root to form. Harvest the thinnings and use in salads.



### Season and Location

- ☀️ Beets can grow in full or partial sun; they need at least 3 hours of sunlight per day. 
- ☀️ Try planting beets in a sunny site along a walkway; they are colorful and grow easily.
- ☀️ Root crops such as beets do well in areas with short growing seasons and cool nights. They also do well in high-elevation gardens. Beets are good crops for fall and winter gardens.

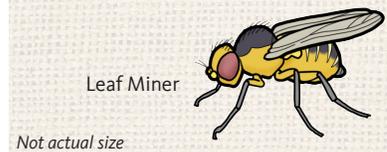
### Container Gardening

- ☀️ Chose containers more than 10 inches deep.

### Key Pests and Diseases

**Leafminers:** use floating row covers in the spring to keep adults from laying eggs on the underside of the beet leaves.

**Damping off:** plant seeds at a shallow depth to promote rapid rise of the seedling through the soil.



## Washington Gardening Calendar for Beets

Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

## Recommended Types to Grow

‡Albina, ‡Chioggia, \*Cylindra (carrot-like), \*Detroit Dark Red, \*Early Wonder  
\*‡ Golden, ‡Red Cloud, ‡Scarlet Supreme Tall Top, ‡Verduna, ‡Winterkeeper

‡ good for fall plantings

\* good for Central Eastern Washington

‡ good for Western Washington



## When and How to Harvest

🌸 Harvest beets when the “shoulder” (the top part of the beetroot) sticks out above the soil. They might be the size of a golf ball to the size of a tennis ball. If you wait longer, the beet will get larger. Large beets may be tough and stringy.

🌸 Use a shovel or trowel to gently dig up your beets, which is easier when the soil is damp.

## Storage and Cooking

🌸 Beets will store for a long period of time if the greens are cut off.

🌸 Wash and dry the beets before storing.

🌸 Beet greens (leaves) are tasty and high in nutrients. Add raw greens to salads or cook them as you would chard, collard greens or kale.



## Beet and Carrot Salad

**Preparation Time:** 15 minutes

**Cooking Time:** 5 minutes

**Makes:** 3 cups

### Ingredients

- 1 **carrot**, sliced thin or coarsely grated
- ¼ cup minced fresh **onion**
- 2 Tablespoons light **mayonnaise**
- ¼ teaspoon each **salt** and **pepper**
- 1 Tablespoon chopped **cilantro** (optional)
- 6 (2-inch round) **beets**, cooked from fresh and diced, or 1 can (15 ounces) drained and diced

### Directions

1. Wash hands with soap and water.
2. Cook sliced carrots, if desired, until just tender. Try microwaving or steaming.
3. In a medium bowl, combine the onion, mayonnaise, salt and pepper. Add cilantro, if desired. Add beets and carrots and stir to mix. Serve warm or cold.
4. Refrigerate leftovers within 2 hours.

