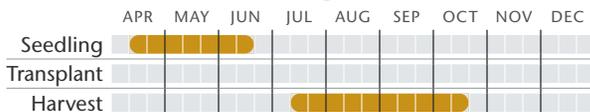


All About Beets

Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

Nutrient Power Pack

Beets contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

Vitamin A ▶ Less than 2% / More than 20%
BEETS GREENS

2-9% / 10-19% ◀ **Vitamin C**
BEETS GREENS

Folate ▶ 10-19% / Less than 2%
BEETS GREENS

2-9% / 2-9% ◀ **Potassium**
BEETS GREENS

Calcium ▶ Less than 2% / 2-9%
BEETS GREENS

2-9% / 2-9% ◀ **Iron**
BEETS GREENS

Fiber ▶ 2-9% / 2-9%
BEETS GREENS

Less than 2% / More than 20% ◀ **Vitamin K**
BEETS GREENS

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);
FDA Guidance for Industry Food Labeling Guide (2013)

Did You Know?

- * **Handling beets can stain your hands!** Try placing your hands inside plastic sandwich bags while you prepare beets to keep them from turning 'beet red'.
- * **Beet greens** are extremely high in **vitamin A**, while the **beet root** is a good source of **folate**.
- * Beets contain more **natural sugar** than starch. **Oven-roasting** them concentrates the sugar rather than leaching it into the cooking water.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at wasnap-ed.org/FFF.



SNAP-Ed

WASHINGTON STATE UNIVERSITY
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack. Cover photo by Kathleen Manenica.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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Selecting and Preparing Beets



- ☞ Beets come in a variety of colors! Look for small- to medium-sized beets with skins that are smooth and firm. Avoid beets that are soft or shriveled, or that have rough skins.
- ☞ Beets should be kept cool and dry in the refrigerator, and used within 2 weeks.
- ☞ A half pound of beets makes 1 to 2 servings.
- ☞ Wash beets well. Cut off greens, leaving 1 to 2 inches of stem. Beet greens can be eaten as you would spinach. Try them steamed or raw in salad.
- ☞ Leave skins on when boiling or steaming. Cook covered in boiling water until tender (15 to 45 minutes, depending on size.) Cool slightly and rub off skins.
- ☞ Roasting beets is easy, too. Wash, peel and cut into 1 inch pieces. Wrap in foil and roast in a 350°F oven for about an hour.

Rainbow Potato Purée

Makes 2 servings

- ½ pound potatoes (1 large potato), washed, peeled and cubed
 - 1 cup peeled and chopped vegetables (such as beets, carrots, pumpkin, parsnips, etc.)
 - ⅛ cup water
 - ¼ cup low-fat milk
 - 2 teaspoons vegetable oil
- 1 Place potatoes, vegetables and water in 2-quart microwave dish covered with plastic wrap. Microwave on HIGH for 8 to 9 minutes.
 - 2 Remove from microwave and let stand 3 minutes.
 - 3 Remove plastic wrap; add milk and oil.
 - 4 Mash with a potato masher, leaving some texture to the vegetables.

Beet Salad

Makes 2-3 servings

- 2 beets
 - 1 tablespoon lemon juice
 - 1 tablespoon mustard
 - 2 teaspoons vinegar
 - 1 to 2 teaspoons oil
 - ½ teaspoon sugar
 - 1 teaspoon dill or fresh thyme
 - Pepper, to taste
- 1 Trim beet greens, leaving about 1 inch of stem attached (do not remove tap root or fork beets as this will make them bleed).
 - 2 Place beets in a pot of boiling water and cook until tender (depending on size, between 15 to 45 minutes).
 - 3 Drain water and allow beets to cool slightly, then peel and slice.
 - 4 In a medium bowl, stir together remaining ingredients.
 - 5 Add beets to the bowl; stir gently to coat with dressing.
 - 6 Refrigerate for 1 hour before serving.

Roasted Root Vegetables

Makes 4 servings

- 4 medium root vegetables (potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
 - 2 medium carrots
 - 1 medium onion
 - ¼ cup vegetable oil
 - 3 tablespoons Parmesan cheese
- 1 Pre-heat oven to 350°F.
 - 2 Wash vegetables and cut into large chunks.
 - 3 Place in a medium bowl and pour oil over top. Add seasonings and cheese, and mix well.
 - 4 Spread an even layer on a baking sheet.
 - 5 Bake for 1 hour, or until tender. Check a few vegetables with a knife to see if they are tender.

Adapted from www.whatscooking.fns.usda.gov/recipes/.