Beets

Background:
A sweet root vegetable that is available year-round and can be prepared a variety of ways
Pairs well with citrus flavors, salty cheeses, rich nuts, and vinaigrettes
Beets come in 5 different varieties, including dark red, white, golden yellow or striped
Gardening history mentions root crops being grown in the early civilizations of Mediterranean Europe, Asia, Africa and South America
Beet greens were originally the only part of the beet that was consumed until the 1500s when Northeast Europeans were the first to consume the root as a dietary staple because it grew well through the cold winter

Nutritional Value:
Beet root is a great source of fiber, folate, manganese, potassium, iron, and vitamin C
Beets are high in betanin, an anti-inflammatory antioxidant that supports healthy liver function
Beet root has a high inorganic nitrate content, which is helpful for reducing blood pressure and improving blood flow
Beet greens are a good source of iron, protein, phosphorus, zinc, and fiber
Beet greens are also high in vitamins A, K, and B6 and minerals calcium, magnesium, and potassium
**Beets**

**How to SHOP:**
Choose beets that are heavy for their size, firm, and smooth without any nicks or cuts.

If the greens are still attached, they should look brightly colored and fresh.

Beets are available year-round, but winter is the best time for baby beets which are sweeter and more tender than more mature beets.

**How to GROW:**
Beets grow best in deep, well-drained soil, such as sandy soil. Plant seeds 1/2” deep and 1-2 inches apart.

Beets like cool weather, so it’s best to plant them during cool weather in the fall when the soil reaches 50°F.

Harvest about 50-70 days after sowing for most varieties.

**How to STORE:**
Remove beet greens from the roots before storing, leaving about one inch of stem attached to the beet root.

Store beet roots in a plastic bag in the refrigerator for up to 3 weeks; beet greens should be used within a few days.