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.
Beet Salad

INGREDIENTS:
1 cup arugula
2 cup beet greens
4 oz. feta
6 medium red or golden beets, peeled
2 large navel oranges
1 small sweet onion, thinly sliced

1/4 cup red wine vinegar
3/4 cup extra virgin olive oil
2 cloves garlic, minced
1/2 tsp. orange zest
1/4 cup walnuts, chopped
Salt & pepper, to taste

DIRECTIONS:
Chop beet greens into bite-size pieces. Mix with arugula and set aside in mixing bowl.

Fill large saucepan with water and bring to boil over high heat. Reduce heat and add beets; simmer until beets are fork-tender, about 45 minutes.

Cool cooked beets and cut into wedges, about 3/4” thick. Add pieces and sliced onions into mixing bowl with greens.

Cut and peel white pith from oranges. Using small sharp knife, cut between membranes to release segments. Add orange segments to mixing bowl with salad.

In a separate bowl, whisk vinegar, oil, garlic, and zest to combine. Add to salad and toss to coat. Toss in walnuts and season with salt & pepper.

HELPFUL TIPS:
Add in other greens for a variety of taste and texture.
Try roasting the beets for a different flavor.
Fall Bruschetta with Roasted Beets

INGREDIENTS:
- 6 medium beets, peeled
- 2 baguettes, sliced into 1/4” slices
- 3 Tbsp. olive oil
- 8 oz. goat cheese
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/8 tsp. ground cloves
- 1/2 tsp. paprika
- Salt & Pepper, to taste
- 2 Tbsp. beet greens, chopped

DIRECTIONS:
Preheat oven to 400°F.
Dice peeled beets into 1/3” cubes and toss in oil, spices, salt, and pepper. Add to lined baking sheet and roast for 35-40 minutes.
Slice baguette into 1/2” slices at a diagonal. Brush both sides with olive oil and bake on sheet pan in 400F oven for 15 minutes, or until crisp. Set aside.
Assemble: Spread goat cheese on baguette slices and top with 1 Tbsp. of roasted beets. Garnish with chopped beet greens and drizzle with olive oil.

HELPFUL TIPS:
- Try other soft cheeses for a unique flavor each time.
- Use your favorite spice combinations for a customizable dish.
- Try topping with balsamic vinegar or honey.
Beet “Baked Potato”

**INGREDIENTS:**

- 4 medium beets, scrubbed
- Salt & pepper, to taste
- 2 Tbsp. olive oil, for brushing
- 6 Tbsp. crème fraîche
- 3 Tbsp. chives, snipped
- 3 Tbsp. dill, snipped

**DIRECTIONS:**

Preheat oven to 375°F.

Coat beets lightly with oil and season with salt.

Wrap beets in aluminum foil and place on baking sheet. Roast in oven until cooked through, about 45-60 minutes.

When beets are ready, place on platter, unpeeled, and split them top to bottom with paring knife.

Season cut sides with salt & pepper, and top each half with drizzle of olive oil and spoonful of crème fraîche.

Sprinkle with chives and dill. Serve warm.

**HELPFUL TIPS:**

Can’t find crème fraîche? Substitute with sour cream.

Top with whatever herbs and spices you like.

Try with other ingredients usually used to top regular baked potatoes.