



# Beets

Produced by:



— THE LAND —  
CONNECTION

## Fun Facts:

- ‘Beet’ is a shortened version of ‘beetroot.’
- Beetroot comes in a variety of colors, including maroon/red, white, yellow/golden, and multi-colored.
- In the Middle Ages, it was used to help alleviate digestive issues and blood-related ailments.

## Nutrition Information:

- Beets are particularly rich in folate and an excellent source of manganese and fiber, both soluble and insoluble. They also contain a good amount of vitamin C, potassium, and magnesium.
- Beet greens are also incredibly nutritious and provide an excellent source of vitamins A, C, and K among other vitamins and minerals.

## Preparation:

- Wash beets carefully without breaking the skin. Breaks and tears allow color and nutritional value to escape. Scrub them under running water with a paper towel. Raw beets do not need to be peeled.
- If you are cooking beets you can either peel the beets beforehand or after, depending on the manner in which you’re cooking them. After cooking, the skin can be rubbed away once the beets have cooled.

# Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Raw:** grate or shave raw beets and add them to salads, slaws, and tacos.

**Boil:** leave about an inch of stem on the beets and place in a large pot of water with salt and vinegar. Bring the water to a boil and then reduce to a simmer. Cook the beets until they are fork-tender, about 30-40 minutes.

**Steam:** place whole beets in a pot with a steamer rack over about an inch of boiling water, cover, and cook for approximately 30 minutes or until the beets are fork-tender (larger beets will take more time).

**Roast (whole):** remove the stems of the beets, but leave the root intact. Drizzle and coat the beets with olive oil, salt, and pepper. Individually wrap the beets in foil, seal tightly, and roast at 400°F until fork-tender, about 40-60 minutes. Check doneness every 20 minutes.

**Roast:** remove the very top and bottom of the beets then cut into wedges or cubes. Toss the beets with olive oil, salt, and pepper, spread out on a rimmed baking sheet, and roast at 400°F until the beets are fork-tender, about 20-30 minutes.

## Storage:

- If your beets still have their greens, remove the greens and leave a one-inch stem on the root to retain moisture and nutrients.
- Beets store well for about a week in perforated plastic bags in the refrigerator. Use beets while they are still firm and fresh. Store greens wrapped in a damp cloth or in a plastic bag in the refrigerator.
- Beets can also be frozen or pickled for long-term storage.