

Beets



SEASONALITY



NUTRITIONAL PROPERTIES

Beets are a nutritional powerhouse. They are extremely high in antioxidants, folate, manganese, vitamin C, vitamin A, and potassium. Beet greens are high in fiber, vitamin K, and other minerals.

STORAGE

Spring and summer beets can be stored within the refrigerator. Remove the greens from the bulbs and store separately. In the fall, loose beets can be stored within a plastic bag in the crisper drawer. They can last 1-3 months.

PRESERVATION

Roasted and mashed beet can be stored in frozen cubes. Beets can also be pickled for later consumption.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Rinse the beets. If the beets are especially dirty you can remove the skin of the beet.
3. Cut the beets in slices or chunks.
4. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 15-20 minutes.

Roasted beets can be added to fall salads, soups, and stews.

RECIPES FROM HDFFA

with beets

- Roasted Beet and Fennel Salad
- Tuna Cakes and Roasted Root Vegetables

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

