



CSA Harvest Information



## Beet Information & Tips

- Beets have healthy amounts of folate, potassium and fiber. They also have betalains, a group of antioxidants that may contribute to heart health and protect against some cancers, particularly colon cancer. Beet greens are a good source of iron and beta-carotene.
- The greens will leach moisture from your beets, so cut them off at about an inch above the top before storing.
- Place beets in a plastic bag and refrigerate up to several weeks.
- Wrap greens in a paper towel and place in a paper bag.
- Refrigerate only a day or two before cooking.
- Trim and peel beets after cooking, so that the color, nutrients and flavor don't bleed out.
- Cook beet greens the way you would kale.
- Be gentle with beets. You do not want to break the skin if possible.
- Shredded raw beets are a great addition to salads and slaws. Shred them on the large holes of a box grater or with the shredding attachment of a food processor.

## How to Roast Beets

1. Preheat oven to 375.
2. Clean the beets under running water, rubbing the skins with your fingers to brush off any stubborn grit.
3. Cut the greens off the bulbs, leaving an inch of stem. Do not trim root.
4. Rub the beets with a bit of oil.
5. Put the beets in a pan with a lid that can go in the oven. Cover and roast -- start checking after an hour. If a knife goes in easily, it's done.
6. Let cool until you can handle them. Cut off the stems and root. Rub off the skins with a paper towel.



## Tracy's Easy Peasy Beet Salad

- 1-2 beets
- Your favorite balsamic Vinaigrette (bottled or homemade)
- Greens, such as arugula, mizuna, or lettuce
- Finely chopped red onion
- Toasted chopped walnuts

If the greens are still attached to the beet, trim them to 1 inch, but do not peel or trim the root. Boil the beet until very tender, as much as an hour. When cool enough to handle, peel and chop. Put in a bowl with a bit of vinaigrette and marinate until ready to serve.

When ready to serve, toss the greens with a little vinaigrette. Top with marinated beet, red onion, and walnuts.

