



Nutrition Information

One cup of raw beets provides:

Calories 58, Protein 2 g,

Carbohydrates 13 g,

Fiber 4 g, Sugars 9 g

Very good source of B vitamin, folate,
manganese & potassium



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Beets

Background Information:

Beets originated in prehistoric times in North Africa and grew wild along Asian and European seashores. Beets are typically a reddish-purple hue but also can come in white or golden/yellow. Beet leaves that are attached to beet roots are edible and can be prepared like chard or spinach.

Fresh beet season is typically June through October. Choose smooth-skinned small to medium-sized beets. Avoid spots, bruises or soft, wet areas. Look for greens that are bright in color, fresh, and tender with no signs of wilting.

How to prepare and store:

To store, trim leaves two inches from the root to avoid "bleeding" and keep unwashed in refrigerator crisper for 2-4 weeks. Unwashed beet greens can be stored in separate plastic bag for 2-4 days. Beets are best frozen when they have been cooked and skins peeled. They will last in the freezer up to 10 months this way.

Beets can be eaten raw but are generally boiled baked, steamed, or grilled. To prepare, rinse under cold running water making sure not to tear the skin. The skin will easily rub off under cold running water after cooked.

Red Beet and Apple Salad

Ingredients:

1 big red beet (or 2 small beets)

4 apples

1 Tablespoon lemon juice

1 Tablespoon honey

Salt to taste

Directions:

1. Wash the beet or peel it (if you peel the beet it will taste less earthy).
2. Grate the beet and the apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt.
4. Pour the dressing over the grated beet and apples, mix well.
5. Serve chilled.

Sources: <http://nutritiondata.self.com>; [Homecooking.about.com](http://homecooking.about.com); <http://stanford-producestand.blogspot.com> ; www.whfoods.com