

Harvest of the Month™

WINTER - BEETS



BEETS, A VIBRANT AND NUTRITIOUS COOL SEASON CROP GROWN IN SAN DIEGO COUNTY, ARE RICH IN FIBER, FOLATE, POTASSIUM, IRON, VITAMIN C, AND ANTIOXIDANTS. DESPITE THEIR HIGH NATURAL SUGAR CONTENT, THEY ARE LOW GLYCEMIC AND A HEALTHY SNACK FOR ALL TO CONSUME!

FOOD WASTE PREVENTION

- USE THE BEET GREENS AS YOU WOULD CHARD! THEY ARE SUPER DELICIOUS AND NUTRITIOUS!
- STORE THE BEETROOT IN THE COLDEST PART OF THE FRIDGE AND THEY CAN LAST FOR MONTHS!
- REMOVE THE GREENS FROM THE ROOT AND STORE SEPARATELY FOR THE LONGEST LASTING PRODUCT
- FREEZE COOKED OR ROASTED BEETROOT, THEN REHEAT IN THE OVEN WHEN READY TO CONSUME

HEALTHY SERVING IDEAS



ROAST AND SEASON

ADD ROASTED BEETS TO HUMMUS RECIPE FOR PINK COLOR



ADD RAW BEETS TO SMOOTHIE AND JUICE RECIPES



FUN FACTS

BEETROOT USED TO BE USED AS MEDICINE FOR TREATING HEADACHES AND TOOTHACHES IN ANCIENT TIMES

COMMON BEET VARIETIES



RED BEETS
EARTHY AND RICH FLAVOR, BRIGHT RED OR PINK IN COLOR

GOLDEN BEETS

EARTHY AND NUTTY FLAVOR, REDDISH ORANGE SKIN WITH GOLDEN FLESH



CHIOGGIA BEETS

SWEETER TASTE THAN OTHER BEETS, PINK AND WHITE STRIPED FLESH

WHITE BEETS

WHITE SKIN AND FLESH, WITH A SWEET AND CRISP TASTE



CYLINDRA BEETS

SWEET TASTE, THINNER AND LONGER SHAPE, RED SKIN AND FLESH

FUN FACTS

BEETROOT WAS USED AS A POPULAR BREATH FRESHENER IN THE PAST. IT WAS ESPECIALLY USED TO COMBAT THE SMELL OF GARLIC. MORE RECENT STUDIES HAVE SHOWN BEETS TO PROMOTE THE GROWTH OF HEALTHY ORAL BACTERIA

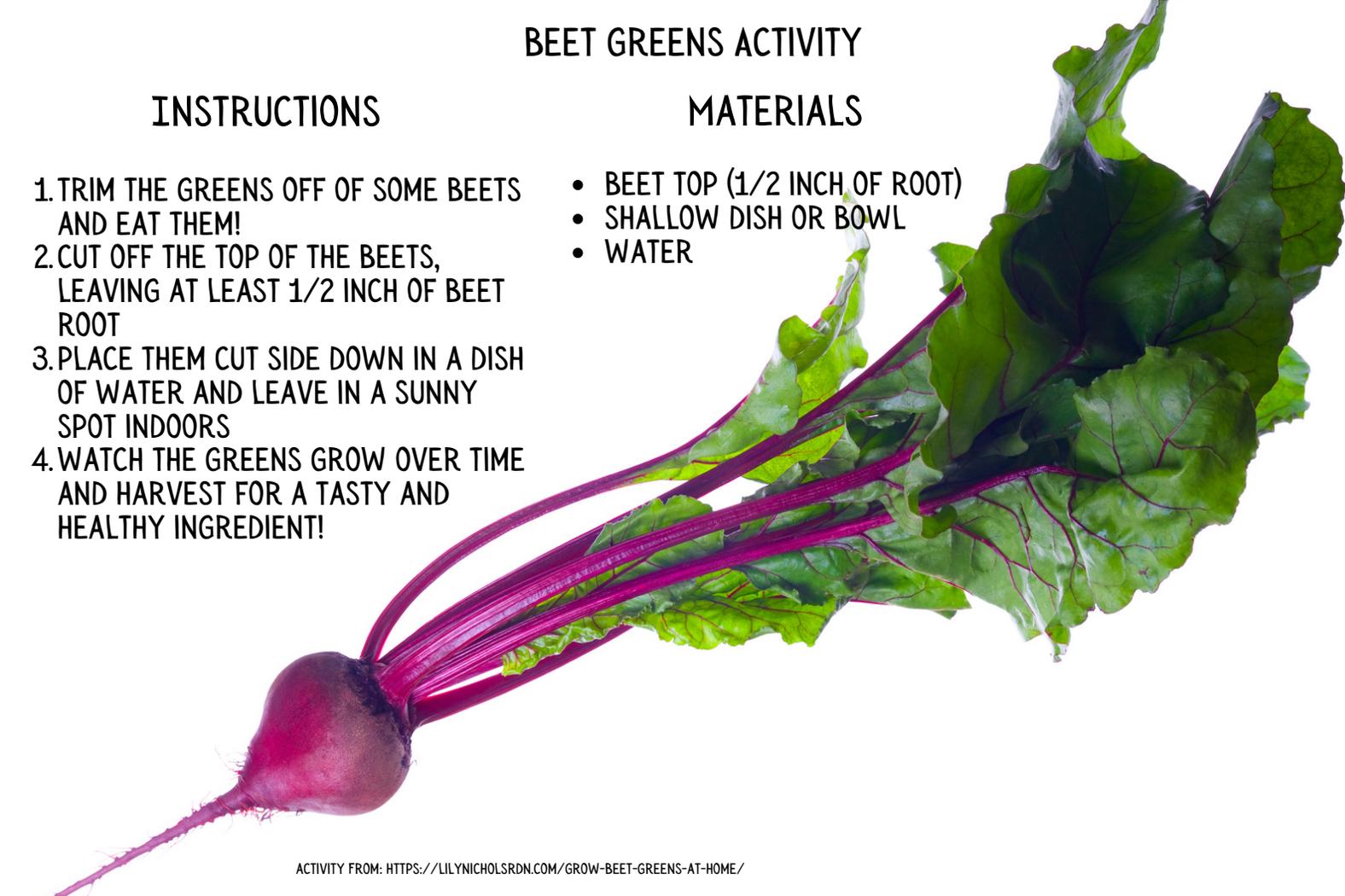
BEEET GREENS ACTIVITY

INSTRUCTIONS

1. TRIM THE GREENS OFF OF SOME BEETS AND EAT THEM!
2. CUT OFF THE TOP OF THE BEETS, LEAVING AT LEAST 1/2 INCH OF BEET ROOT
3. PLACE THEM CUT SIDE DOWN IN A DISH OF WATER AND LEAVE IN A SUNNY SPOT INDOORS
4. WATCH THE GREENS GROW OVER TIME AND HARVEST FOR A TASTY AND HEALTHY INGREDIENT!

MATERIALS

- BEEET TOP (1/2 INCH OF ROOT)
- SHALLOW DISH OR BOWL
- WATER



ACTIVITY FROM: [HTTPS://LILYNICHOLSRDN.COM/GROW-BEET-GREENS-AT-HOME/](https://lilynicholsrdn.com/grow-beet-greens-at-home/)

ROASTED BEEET HUMMUS

INGREDIENTS

- 1 CAN CHICKPEAS, RINSED AND DRAINED
- 8 OZ ROASTED BEEETS
- 1/4 CUP TAHINI
- 1/4 CUP OLIVE OIL
- 1/4 CUP LEMON JUICE
- 1 CLOVE GARLIC
- 1 TSP CUMIN
- 1/2 TSP SALT

INSTRUCTIONS

1. COMBINE ALL INGREDIENTS IN A FOOD PROCESSOR AND PUREE UNTIL SMOOTH. SERVE WITH CHIPS, PITA, OR VEGGIES!



RECIPE FROM: [HTTPS://WWW.EATINGWELL.COM/RECIPE/256574/ROASTED-BEET-HUMMUS/](https://www.eatingwell.com/recipe/256574/roasted-beet-hummus/)