

BEETS

Home | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Storage Tips

- De-stem beets 1-2 inches about the root crown. Roots will keep for 2-4 weeks in the refrigerator, up to 3 months in a dark cellar.
- Store unwashed greens in a damp paper towel or perforated plastic bag, will last 3-5 days in the refrigerator.
- To freeze: Blanch for 2 minutes or cook and purée, and then place in a labeled and dated freezer-grade bag.

Selection

Choose beets that are firm and free of bruises. Select similar-sized roots to ensure even cooking. Beet Greens: If they are still intact and you plan to cook them, make sure they're not wilted and have a healthy green color. Otherwise, the quality of the greens is not an indication of the quality of the root.

Cooking Tips

- No need to peel, scrub roots clean; trace minerals lie just below the surface of the skin.
- Allow 30-60 minutes to boil or steam beets, depending on size; when the beets are fully cooked, you can easily pierce a fork through them.
- Peeling and chopping before boiling or steaming cuts down on the cooking time
- Baking or roasting beets best preserves their flavor.
- Try steaming or sautéing beet greens in place of spinach or chard in other recipes.



Kid Friendly Eating Tips

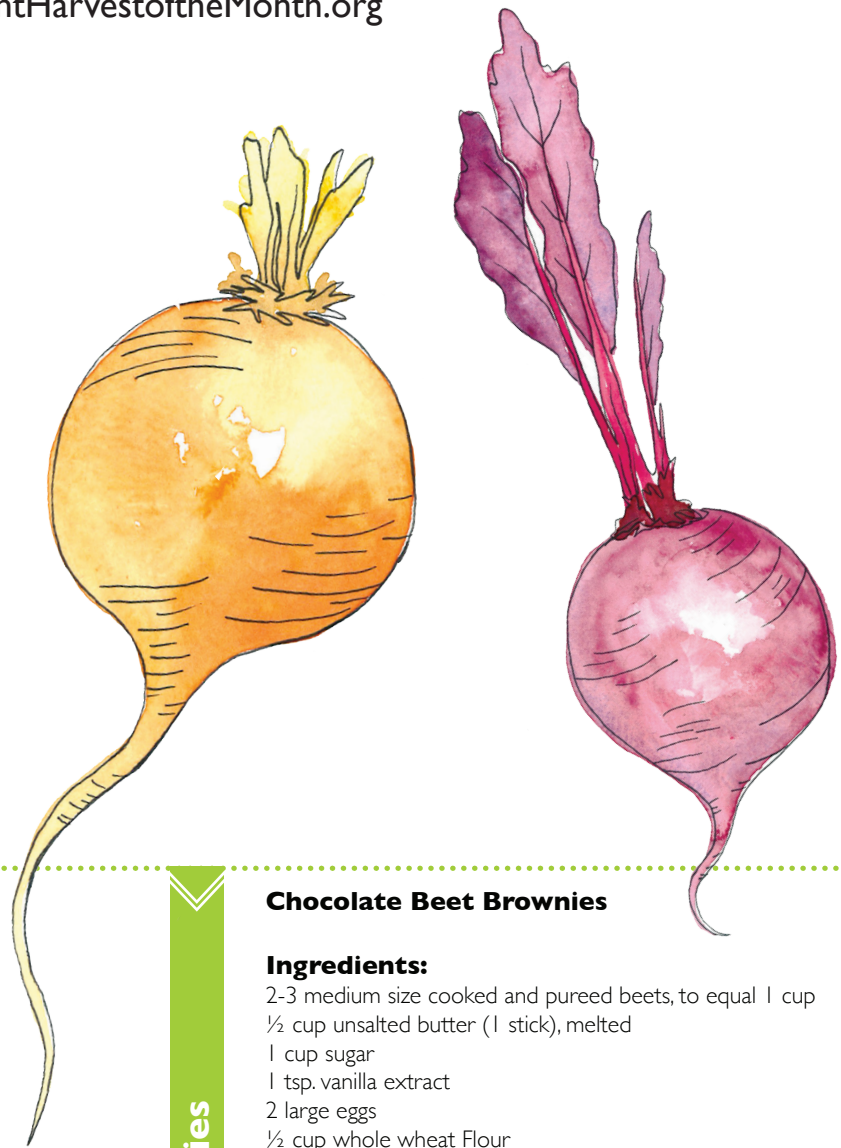
- Try pickling thinly-sliced beets!
- Grated raw beets are an excellent addition to a salad
- Beet greens can be treated like spinach or chard: sauté or use for a salad
- Cube and roast beets, with olive oil and your choice of herbs or with a honey or maple syrup glaze

Tidbit

Beets are fleshy roots that store well in the winter. Beets come in an array of colors, from golden yellow and deep purple, to red and white striped. These roots can be eaten raw or cooked: grate them for a fresh salad, or glaze them with a balsamic-honey blend and roast.

BEETS

Home | VermontHarvestoftheMonth.org



Recipes

Grated Beet and Carrot Salad

Grated Beet and Carrot Salad

Yield: 4-6 servings

Salad Ingredients:

- 2 beets
- 2 parsnips
- 4 carrots
- 1 cup shredded cabbage

Honey-Ginger Dressing:

- 1 tsp. grated fresh ginger or 1/3 tsp. dried ginger
- 2 Tbsp. honey
- 1 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil

Directions:

1. Clean and grate vegetables, keeping beets separate.
2. There is no need to peel, just scrub! To save time, shred the vegetables using a food processor.
3. Mix together dressing ingredients.
4. Add dressing to vegetables.
5. Mix in beets last.
6. Let sit 1 hour before serving

Source: VT FEED "A Guide for Using Local Food in Schools,"
edited by GMFTS

Chocolate Beet Brownies

Chocolate Beet Brownies

Ingredients:

- 2-3 medium size cooked and pureed beets, to equal 1 cup
- 1/2 cup unsalted butter (1 stick), melted
- 1 cup sugar
- 1 tsp. vanilla extract
- 2 large eggs
- 1/2 cup whole wheat Flour
- 1/3 cup unsweetened cocoa powder
- 2 tablespoons strong black coffee (optional)
- 1/2 cup chocolate chips

Directions:

1. Preheat oven to 350° F. Grease an 8 x 8" pan. Set aside.
2. Combine butter and sugar. Add eggs, vanilla, coffee, and beets.
3. Whisk dry ingredients. Flour and cocoa powder. Fold in beet mixture, add chocolate chips. Pour into prepared pan.
4. Bake 30 minutes or until toothpick in center comes out clean. Cool completely before cutting.

Source: www.earlymorningfarm.com/chocolate-beet-brownies/