

# Beets

There are many varieties of beets including red beets, golden beets, Chioggia beets and white beets. Red beets are a deep red-purple color and are one of the most common types. Golden beets are sweeter than red. Chioggia beets have red and white rings on the inside. White beets are white or a pale yellow color. Both the roots and the leaves of the beet plant are edible.



## WHY SHOULD I EAT THIS?

Beets contain vitamin C, which helps heal cuts and wounds. It is a good source of fiber, which helps to maintain bowel function. Beets also contain folate, which is important for red blood cell production, disease prevention, and prevention of neural tube defects (birth defects).



## MAKE A GOOD SELECTION

Choose beets that are firm with smooth skins and no damaged spots. Smaller beets are more tender. Beet leaves should be green in color and not wilted, damaged or discolored.

## PROPER STORAGE

Cut leaves about an inch above the beet. Store leaves in a plastic bag in the refrigerator and use within three days. Store the beet in a plastic bag in refrigerator for up to three weeks.

## WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 					X	X	X	X	X	X		
<b>MARKET</b> 						X	X	X	X	X		

Source(s): Nebraska Buy Fresh Buy Local and SNAP-Ed Connection

## HOW COULD I USE THIS?

- Roast beets and serve as a side or add to a salad
- Make beet juice
- Beets can be pickled
- Add beet leaves to a salad
- Sauté chopped beet greens with olive oil and garlic
- Boil and blend beets into hummus or a smoothie
- Add to soups or stews