

Beets

Nebraska Seasonal Produce Guide

There is a wide variety of beets, including red beets, golden beets, Chioggia beets, and white beets. Red beets are deep red-purple and among the most common. 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.

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 women who are pregnant, as it plays an important role in preventing birth defects.

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 the refrigerator for up to three weeks.

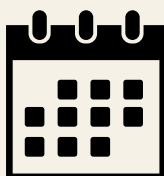
Make a Good Selection

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.



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



Seasonal Availability in Nebraska

Harvest Season: May through October

Market Availability: June through October



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