



Beets

Beets are globe-shaped root vegetables that most commonly are a deep red-purple but can range in color from shades of red to white and yellow. The deep red color comes from a natural plant pigment that has disease-fighting properties. When cut transversely, the roots show light and dark rings. The beet leaves, or beet tops, are also edible.



Did you know?

- Beet juice is widely used as a natural dye to give pink or red coloring to processed foods.
- The pigments found in beets can cause urine to turn red, but this effect is temporary and harmless.
- People originally ate beet greens but not the roots. They occasionally used the roots medicinally.

Selection

Beets should be round and relatively firm with smooth skins free from cuts and bruises. An optimal size is 2–3 inches in diameter. Beets larger than that are often fibrous and woody. If possible, choose beets with the greens still attached to ensure the freshest product. The beet greens should be bright green with red veins running through them and should not be wilted.

Storage

Before storing, the majority of the greens and their stems should be removed from the beets, as the attached greens draw moisture from the roots, which reduces their flavor and causes them to shrivel. Leave about 2 inches of the stems attached. Beets stored unwashed in a plastic bag in the refrigerator where they will keep for 2 weeks.

Handling

Rinse beets under running water, removing any visible traces of dirt, without breaking the skin. To keep the juices of the beets locked inside while cooking, leave the skin, tail, and an inch of the stem attached. The skin will be easier to remove after the beet is cooked.

The powerful red pigment in beets can stain items and surfaces such as dish towels, cutting boards, and sinks. Use gloves when handling beets to avoid staining your hands. If gloves are not used, salt can be used to easily remove stains from skin.

Nutrition

Beets are good sources of fiber and folate. Fiber aids in digestion and may play a role in reducing the risk of diseases such as obesity, heart disease, and diabetes. Folate is needed to produce healthy red blood cells. Beets also contain antioxidants which may reduce risk of heart disease, cancer, and other diseases.

Harvest Season

According to the PA Preferred Seasonal Calendar, Pennsylvania beets are available from June through December.



Preparation

Beets can be microwaved, steamed, boiled, pickled, roasted or eaten raw. Grate, shave, or thinly slice raw beets and add them to salads or slaws. Roasting beets results in a particularly flavorful product since roasting concentrates the natural sugar found in beets rather than causing it to leach out, which can happen when they are cooked in liquid. Cooking beets with the skin on and the stem and root ends trimmed to about one inch maintains nutrients and color. The skin softens after cooking and can be easily removed.

Beets of different sizes cook at different rates. Select beets that are uniform in size to ensure even doneness. Beets are done when easily pricked with a fork .



Recipe | Easy Roasted Beets

Ingredients	Measure	Directions
		1. Preheat oven to 375°F.
Fresh beets	6	2. Wash beets under cold water and cut off the top and bottom. Cut beets in half and toss with olive oil, salt & pepper.
Olive oil	1 tablespoon	
Salt and pepper		
		3. Lay out a large piece of tinfoil, top with a piece of parchment paper. Wrap and seal beets. (Or place beets in a greased baking dish and cover).
		4. Roast the foil package for 1 hour or until beets are tender when poked with a fork.
		5. Using rubber gloves or paper towels, rub the beets and the skins will just slide right off.
		6. Serve warm or chilled.

Source: [Spend with Pennies](#)



Check out the PA Harvest of the Month website (www.paharvestofthemonth.org) for sources, additional resources, and recipes.

Developed by the Pennsylvania Department of Education and Penn State University (Project PA).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organization imply endorsement by the U.S. Government. USDA is an equal opportunity provider, employer, and lender.

