

RECYCLE * COMPOST

- * Disease free beet scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- * Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:

<http://cwmi.css.cornell.edu/resources.htm>

Composting at Home publication:

<http://cwmi.ccs.cornell.edu/smallscale.htm>

Raw Beet Slaw

- 4 medium beets, shredded
- 4 carrots, shredded
- 2 apples, shredded
- 1/4 cup raisins
- 1/2 cup light mayonnaise
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey

Rinse and scrub beets and carrots until clean. Wash apples. Mix the mayonnaise, vinegar and honey in a small bowl and set aside. Shred beets, carrots and apples using a grater. Add the raisins, then the dressing and stir to combine. Keeps well in the refrigerator for up to 3 days.

*You can add more of any ingredient according to your taste. Also try grating raw cucumber and/ or zucchini into the salad (1 medium of each).

Yield: 6 servings; serving size 1/2 cup, (80 calories, 1 gram fat, 0 mg cholesterol, 280 mg sodium)

Beet Greens

- 1 large bunch beet greens (tops)
- 1 tablespoon olive or vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1/4 cup leftover cooked ham (optional)
- hot peppers, chopped, to taste (optional)
- 1/2 cup Parmesan cheese

Wash beet greens, rinsing each leaf very well to remove sand. ^{Cut} in large pieces. Simmer greens in a small amount of water until tender but not mushy.

While greens are cooking, heat oil in large skillet. Add onions, garlic and ham, if desired. Sauté until onion is translucent.

Drain beet greens and add to skillet. Stir in Parmesan cheese. Mixture should be moist. Italian style bread crumbs can be added, to absorb extra liquid.

Yield 6 servings; serving size 1/2 cup (70 calories, 14.5 grams fat, 5 mg cholesterol, 220mg sodium)
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Heriker County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



**CREATING
HEALTHY
PLACES**
to LIVE WORK & PLAY

**Cornell Cooperative Extension
Heriker County**

www.cce.cornell.edu/herkimer



HERIKER COUNTY
HealthNet

<https://www.healthnetinc.org/>

Creating Healthy Places

BEETS



PLANT * GROW

- * Beets are easy to grow and provide two delicious and nutritious sources of food: beet roots and beet greens (tops).
- * Beets prefer well drained, loose soil free of large stones.
- * Beets grow poorly in highly acidic soil. Plant in soil with a PH of 6.0 or higher.
- * Plant beet seeds outside in spring when soil temperatures are above 40°F.
- * Plant seeds 3/4" deep and 1" apart in rows 12" apart.
- * For continuous harvest, make successive plantings three weeks apart until mid-summer.
- * When seedlings reach 4" tall, thin to 3-4" spacings if you would like small, tender beets or 6" spacings for large beet roots.
- * Cut rather than pull plants when thinning so as not to disturb roots. Thinnings can be eaten.
- * Unlike most root crops, beets can be planted indoors and transplanted outside.
- * Keep soil well weeded.
- * The best beet color and flavor develops in cool conditions under bright sun when the most sugar is produced. Plants can tolerate a light frost.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/>

Beet specific:

<http://www.gardening.cornell.edu/homegardening/scene18f3.html>

PURCHASE

- * Select beets with firm, smooth skins and non-wilted leaves if still attached. Smaller beets are more tender.
- * Beets are available in NY Farmers' Markets from June-November.

ENJOY YOUR BEETS

- * Beets are fat free, saturated fat free, cholesterol free, low in sodium and are an excellent source of foliate.

Baked Beets: Cut off the green tops, leaving an inch of the stem to prevent bleeding and flavor loss. Scrub beets, wrap them in foil, and bake at 400°F for 45 minutes to 1-1/2 hours, depending on size.

Microwave Beets: Place 2 to 3 small beets in a small amount of water and microwave for 8 to 15 minutes or until soft.

Quick Canned Beet Salad: Pour sliced beets from a can (drain about 1/2 of the liquid) into a bowl with cover. Add red wine vinegar and a little bit of olive oil and oregano. Cover and shake. Serve as a side dish or snack. *Canned beets often contain added sugar. Always read label on can.

Grilled Beets: Add fresh beets along with other vegetables to skewers. Drizzle lightly with olive oil; and heat thoroughly on the grill.

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fnec.cornell.edu/>

PREPARE

- * Both beet roots and beet tops (greens) are edible, nutritious and delicious.
- * Large beets with tough skins may be peeled before eating. When chopping or peeling beets, wear rubber gloves. Beet juice stains hands, fabric and countertops. Rinse beet stained items immediately.



PRESERVE

- * Remove beet leaves, leaving about an inch of the stems. Use leaves as edible greens - raw or cooked. Store roots in a plastic bag in refrigerator for up to 3 weeks. Wash thoroughly before cooking.
- * Freezing beets: Cook beets until tender. Cool, chop or slice. Drain, pack in freezer containers or bags; and freeze at 0°F or lower.

Food Preservation Websites:

National Center for Home Food Preservation: www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>