

HARVEST OF THE MONTH

JANUARY: BEETS

Beets

SELECT

Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Beets are in season from June to October, in Wisconsin.

Beets come in different colors: golden beets, red beets or chioggia beets (they have stripes inside!).

STORE

Remove greens leaving about an inch of stem. Store in the refrigerator for up to 2 weeks.

NUTRITION

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.



Ideas to Use Beets

Prepare:

Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can even eat the beet leaves!

- Roast beets: cut into slices and drizzle with olive oil. Bake at 400°F for 30-40 minutes or until tender.
- Boil beets in water on the stove until tender, and peel.
- Place beets in a microwave-safe dish with about $\frac{1}{4}$ cup of water. Cover with a lid or plastic wrap and microwave for about 10-12 minutes, or until tender.
- Add grated, raw beets to salads.
- For a pop of color: mix cooked beets into mashed potatoes.





Roasted Vegetables

Ingredients:

- 5 cups vegetables, cut into uniform sized pieces (beets, carrots, onions, potatoes, sweet potatoes, turnips, winter squash, etc.)
- 1 tablespoon olive oil
- 2 teaspoons dried Italian seasoning, or thyme, basil or rosemary
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

Instructions:

- Preheat oven to 425°F.
- Line a baking sheet with foil or spray with nonstick cooking spray.
- Spread vegetables evenly in a single layer on the pan.
- Sprinkle oil on the vegetables. Stir. Sprinkle with seasonings, ground black pepper, and salt. Stir.
- Bake for 20-40 minutes, stirring every 10 minutes. Bake until vegetables are tender.

Watch a video on the process here: <https://youtu.be/SuxE8NuCDnA>

<https://spendsmart.extension.iastate.edu/recipe/easy-roasted-veggies/>

More Recipe Ideas

Easy Beet Salad: <https://snapedny.org/recipes/fresh-beet-salad/>



Beet Dip: <https://foodhero.org/recipes/beet-dip>



Un-beet-able Berry Smoothie:
<https://foodhero.org/recipes/un-beet-able-berry-smoothie>



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