



Pick it! Try it! Like it!

BEET

Pick it!

Beets are usually round with a 1- to 2-1/2 inch diameter and deep burgundy color with edible green to burgundy leaves.

Select beets that are smooth, hard, rounded, and free of cuts and bruises. Discard overgrown or woody beets.

Trim off the leaves to about 1 inch when storing the root; refrigerate for several weeks. Store the leaves separately.

Try it!

Can be eaten raw, baked, steamed, roasted or pickled and served as a condiment.

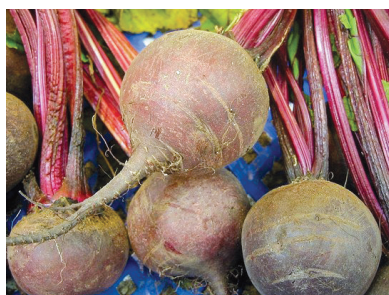
Young raw or steamed beets are good in salads; medium- and large-sized beets are better when cooked.

“Thinnings” are beets that are pulled before fully mature and can be eaten raw and whole in salads.

Choose beets of similar size to allow for even cooking.

Peel beets after cooking while wearing disposable gloves to avoid staining your skin.

Beet greens can be used much like spinach.



Red Table

- Most common variety sold at grocery stores/supermarkets
- Thinnings are beets pulled before they are mature



Chioggia

- Candy red color outside, banded red/white inside
- Sweet, mellow flavor, doesn't get woody with age



Golden

- Orange skin with a golden yellow orange color inside
- Has a sweet, mild flavor

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Chef Kristina Kuehn's Hearty Beet Salad



Chef Kristina Kuehn is the chef and owner of K Restaurant at the 8th and Railroad Centre. Her love of beets started while attending culinary school in California. She thinks the key to turning people onto beets is to roast them, which adds richness and flavor. The following recipe is one that shows up at her current restaurant and is always popular. Enjoy!

Ingredients

- 2-3 ea med size cooked beets
or 2 cans sliced beets, rinsed
- 1/4 ea red onion, cut thin
- 1 ea chopped garlic clove
or 1 tbsp garlic powder
- 1 tbsp dried italian herbs (opt.)
- 1/4 cup gorgonzola, or feta, goat,
or parmesan cheese
- 2 cups spinach, mixed greens,
and/or arugula
- 1/4 cup roasted walnuts, or pecans,
almonds, hazelnuts

Directions

Boil fresh beets until soft or slice canned beets into medium sized pieces. Place on baking sheet and roast at 375 degrees for 20 minutes until toasty brown. Cool. Toss salad ingredients in a large bowl. For dressing, combine ingredients in a separate bowl and whisk until well blended.

*Toss with dressing before serving.
Garnish with crumbles of cheese and nuts.*



Dressing

- 3 tbsp white wine or rice vinegar
- 1 tbsp mustard (smooth or grainy)
- 1 tsp chopped garlic clove
or 1/2 tsp garlic powder
- 6 tbsp olive oil or canola oil
- 1 tsp dried basil or parsley (opt.)

Preparation time: 40 minutes



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