



Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

Make meals and memories together. It's a lesson kids will use for life.

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

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

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

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Recipe of the month

Roasted Vegetables

Serves 6

Ingredients:

- 2 white potatoes
- 2 sweet potatoes
- 2 medium beets
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 Tablespoon oil

Directions:

Preheat oven to 400 degrees. Peel potatoes and beets. Chop potatoes and beets into bite size chunks. Place onto a cookie sheet lined with parchment paper or foil and sprinkle with seasonings and oil. Mix together and place into the oven. After 20 minutes of baking in the oven give the potatoes and beets a toss. Bake for another 20-25 minutes or until lightly browned.

Per serving: 145 calories, 2g fat, 2g protein, 25g carbohydrate, 4g fiber, 480mg sodium

Source: laxf2s.org

