

# BEET



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## GROWING

There are many types of beets, and the types determines what they are used for. Beets can be planted 30 days before the frost ends. Beet seeds grow better under cool and moist conditions, but once they start growing, they do well in warm weather. Beets are harvested for cooking when they are 1 1/2 inches in size, or at ~60 days.



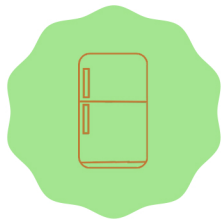
## SELECTING

Select beets that are firm to the touch and have clean, smooth skins. Smaller ones will be more tender than larger ones. Beets come in a variety of colors but most of them have the same taste.



## STORING

Remove beet greens before storing. Beets can be stored at 32-40°F in a plastic bag with holes in it. Store away from moisture and pests.



## BODY

Beets are high in vitamins and minerals and are rich in antioxidants, which are important to help fight cancer. Beets are also high in fiber (good for digestive health), and folate (helps with heart disease and inflammation). Beets are a type of vegetable. A healthy diet should contain at least 2-3 cups of vegetables per day.



## KITCHEN

Scrub beets with soap and water without breaking the skin. Beets and beet greens are both edible and can be cooked, baked, eaten raw, juiced, microwaved, roasted, dried or pickled.



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## DID YOU KNOW?

BEET JUICE IS OFTEN USED AS A NATURAL DYE!

# ROASTED BEETS

Makes: 4 Servings, Total Time: 60 minutes

5 beets

3 Tbsp olive oil

Salt

## Directions

1. Preheat oven to 425 degrees.
2. Rinse beets and trim off leafy tops and root end.
3. Slice beets into thin slices and put in bowl.
4. Put olive oil in bowl and toss with beets to coat them.
5. Place tossed beets in a single layer on a baking sheet lined with parchment paper.
6. Sprinkle small amount of salt onto beets and roast in oven until soft, about 12 minutes.



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