



Because Life Should Be Beautiful™

Beets

Beets are related to Chard and spinach. They are grown mostly for their roots, but now more and more people are adding some of the greens to their salads.

Beets can be eaten raw, peeled and finely grated in salad, or cook. They can be roasted, steamed, baked, or boiled. The beets can be eaten cold or hot.

Beets tend to bleed if you are dealing with them raw. So if you want to peel them do it once they are cooked, because they'll bleed less. Use gloves to peel them if they are uncooked so you won't get your hands stained.

Types of common beets you will see are red, gold, and candy cane (chioggia).

After planting, delay thinning of excess plants until the leaves are large enough to eat as greens. Thin plants to 1 to 2 inches apart. Beets mature in 60- 70 days but may be eaten when they reach the size of golf balls. If they grow larger than 3 inches in diameter they lose some of their flavor and tenderness.

Plant in well amended soil with full sun and regular watering.

Beets are a good source for vitamin C and potassium.