

Harvest of the Month



June



Beets



Pick:

- Choose small or medium sized beets with firm, smooth skin.
- Avoid beets that have soft spots or bruises.
- The color may vary – beets can be orange, purple, red or even pale in color.

Store:

- Cut greens off the beets leaving about an inch of the stem and store unwashed in the refrigerator for a few weeks.

Prepare:

- Wash beets and/or greens just before using.
- Beets do not freeze well.

Nutrition Info

One cup of cooked beets has 75 calories and provides fiber, folate and potassium.

Fun Facts

Beets have the highest sugar content of all vegetables – sweet deal!

The red pigment in beetroot is sometimes used to color strawberry jam as well as to improve the color of tomato paste, sauces and strawberry ice cream.

Uses

Beets can be steamed, boiled, roasted or pureed and added to baked goods.

Beet greens can also be added to salads, stocks or stir fried.

Beet juice can be mixed with orange or apple juice. Serve chilled or over ice.

Beets can be added to some fabulous desserts such as chocolate velvet cake.

Family Friendly Activities

Make beet dye with your children. Follow these simple steps:

1. Open a can of beets and strain them.
2. Use the juice from the can as the dye.
3. Let the materials soak in dye until the desired color intensity is reached.
4. Be careful as beet dye will stain!

Nutrition Facts

Serving Size 1/2 cup (207g)
Servings Per Container 10

Amount Per Serving		% Daily Value*	
Calories 130	Calories from Fat 30		
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 230mg			10%
Total Carbohydrate 24g			8%
Dietary Fiber 5g			20%
Sugars 9g			
Protein 3g			
Vitamin A 230%	Vitamin C 35%		
Calcium 4%	Iron 6%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Roasted Root Vegetables

Serves 10 (1/2 cup per serving)

Ingredients:

- 1 1/2 pounds carrots (scrubbed and sliced)
- 1 1/2 pounds beets (peeled and sliced)
- 1 1/2 pounds potatoes (scrubbed and chopped)
- 2 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper

Directions:

Preheat oven to 375 degrees. In a medium bowl mix all ingredients. Place mixture onto a sheet pan and roast for 15-25 minutes or until vegetables are tender and lightly browned. Add onion, garlic or other veggies for a twist!

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org/

Color a
Beet!

