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## Selection

Beets are most often round with a 1—2.5 inch diameter and a deep burgundy color, but come in many colors.

Select beets that are smooth, hard, uniformly round, and free of cuts and bruises. Do not select beets that are overgrown or too large. These beets are often too fibrous and less sweet.

The leaves are green to burgundy colored and are edible!

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## Care and Storage

- ◆ To store beets, trim off the leaves. To peel, boil beets first.
- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Wash vegetables under running water just before eating, cutting, or cooking.
- ◆ Refrigerate fruits and vegetables in perforated plastic bags.
- ◆ Keep produce and meats away from each other in the refrigerator.

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## Why Buy Local?

- ◆ What you spend supports the family farms who are your neighbors.
- ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ You are making a healthy choice for you and your family.



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8610  
<http://polk.uwex.edu>



# Veggie Bites



## Beets

## Remolacha

## Uses

Beets can be eaten raw, baked, steamed, pickled, and served as a condiment. Young raw or steamed are good in salads. Medium beets are better when cooked.

Other seasonal vegetables that go well with beets are onions, potatoes, cucumbers, and greens.



Roasted Beet, Potato & Onion Salad

## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ High in Vitamin C, Vitamin A & Folate
- ◆ High in Fiber
- ◆ Good source of Magnesium

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Primary Source: WH Foods; Photos found on Goggle Images

## Try It!

### Roasted Beet, Potato & Onion Salad

#### INGREDIENTS

- 12 Fingerling or creamer potatoes—about 3/4 pound  
12 Garlic cloves, whole, peeled  
4 Tbsp. Olive oil  
Sprigs of fresh rosemary  
Salt  
Freshly ground pepper  
1/2 pound Pearl onions  
3.4 pound Beets—stemmed, scrubbed

#### Balsamic Vinaigrette

- Juices from roasted vegetables  
1 1/2 Tbsp. Balsamic vinegar  
3 Tbsp. Olive oil  
2 tsp. Chopped parsley and/or chives

Salt and freshly ground pepper to taste

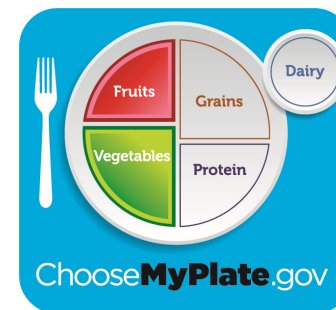
#### INSTRUCTIONS

1. Halve or quarter potatoes lengthwise. Toss potatoes and garlic cloves with 2 Tbsp. olive oil and herb sprigs. Season liberally with salt and pepper. Arrange in a single layer on a baking pan, cover with foil, set aside.
2. Toss onions and beets separately with remaining oil and season with salt and pepper. Wrap onions and beets separately in foil. Roast onions, beets, and potatoes in a preheated 375 degree oven for 35-40 minutes or until tender.

3. Uncover potatoes after 20 minutes to allow them to brown and crisp slightly. Unwrap beets and onions carefully, reserving the juices for the Vinaigrette. Slip skins off of beets, if desired.
4. Arrange roasted vegetables attractively on plates and drizzle with Vinaigrette. Serve warm or at room temperature.
5. To make the Balsamic Vinaigrette: Whisk ingredients together. Store refrigerated.

Yield: 6 servings

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



## History & Fun Facts

Beets are believed to have originated in the Mediterranean region. Germans began breeding sugar beets in the late 1700s.

The sugar beet can be used to make sugar instead of using sugarcane. Beets come in many colors too!