

Beets Remolacha



Selection

Select beets that are smooth, hard, uniformly round, and free of cuts and bruises. Beets are most often round with a 1 to 2.5 inch diameter and a deep burgundy color.

Do not select beets that are overgrown or too large as these beets are often fibrous and less sweet. The leaves are green to burgundy color.

Uses

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

Beets peel best after cooking, but wear disposable gloves as they will stain your skin.

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

Try It!



BEEF AND WHITE BEAN SALAD

Dressing:

- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sugar
- 1/4 cup extra-virgin olive oil
- Salt and ground pepper to taste

Salad:

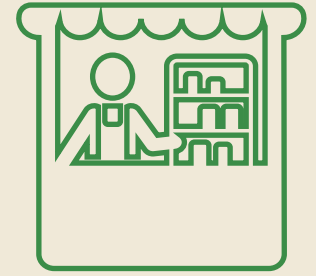
- 2 3/4 cups whole beets (half cut)
- 15oz white kidney beans (cannellini)
- 1/2 cup crumbled blue cheese
- 1/2 cup walnuts, toasted
- Baby arugula leaves (optional)

Instructions

1. Prepare dressing; in a small bowl combine cider vinegar, Dijon mustard and sugar. Gradually add olive oil until well blended. Season with salt and pepper.
2. Prepare salad: in large bowl combine beets and white kidney beans; toss with dressing
3. To serve, place arugula leaves on platter or in serving bowl; top with beet mixture
4. Sprinkle with crumbled blue cheese and walnuts.coat.

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!



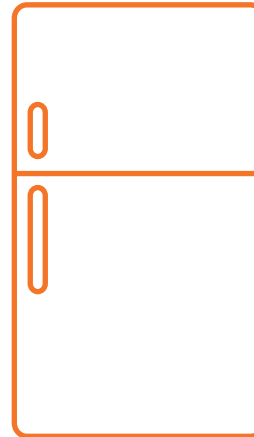
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- To store beets, trim off the leaves.
- Wash fruits and vegetables under running water just before eating, cutting, or cooking.
- Keep fruits and vegetables in a perforated bag in the refrigerator.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ High in Vitamin C, Vitamin A, and folate
- _____ Good source of fiber
- _____ Good source of Magnesium



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

Amanda Miller | Extension Fond du Lac County
FoodWise Coordinator and Health & Wellbeing Educator
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

Amber Bodart | Downtown Fond du Lac Partnership, Inc.
Director of Communication and Special Events
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin—Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.