

THE BEET

Nutrition Facts:

The beet offers:

- Antioxidants to keep your **body healthy**.
- Anti-inflammatory benefits which **reduce pain in the body**.
- Helping **rid the body of toxins** to create an overall healthier body.
- A variety of vitamins and minerals for your **eyes, skin, blood, muscles, and brain**.
- High fiber which is great for a healthy **digestive system**.
- Beets have compounds which have been shown to **relax the mind** and **lower blood pressure**.



What are they?

Beets are a root vegetable which grow in the ground.

Large greens top the root which are delicious and nutritious for you to eat.

Beets come in all shapes and sizes but most are round and a little smaller than a tennis ball.

Beets come in a variety of colors including orange, yellow, pink, red and striped.

What do they taste like?

Beets have an earthy flavor with some varieties being sweeter than others.

Fun Facts!

- The beet comes from North Africa, Asia, and Europe. Long ago people used to just eat the leaves, not the root. Now we know the root is very good for us!
- Because beets are sweet, they can be used for their sugar only. Seeing “beet sugar” on a food package means just that: the sugar from a beet.
- Beets were used by ancient Romans as an herb and as medicine.
- The ancient Greeks grew beets, but mostly just for their leaves.



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How To Prepare BEETS

HOW TO:

CHOOSE: Beets which are small and firm are going to be the best tasting and freshest. Avoid beets with bruises, soft areas, or wet areas.

STORE: Cut beet stalks off beet about 1-2 inches above root top.

Do not wash beets before storage, but wash before eating.

Wrap in plastic bag and store in refrigerator for up to 3 weeks. Store greens in another plastic bag.



Beet greens can be eaten as well for added nutrition! The greens can be used in soups, stir fries, raw in salads or sautéed in a pan for 5 mins with some olive oil. They are very versatile!

Stalks have an earthy flavor and can be added in cooking the greens but will take a little longer to cook.

When cutting beets to cook, cut all of the stalk off the beet. Carefully slice down middle and then slice in cubes or half-moons.

Your hands and cutting board may turn red and this color can stain clothes!

Simple Roasted Beets

Ingredients:

- 4 beets, peeled and cut into cubes or small wedges
- 2 tablespoons olive oil (or other vegetable oil)
- 1 pinch sea salt
- Optional: 1 teaspoon favorite dried herbs (thyme, oregano, garlic, parsley)

1. Preheat oven to 425 degrees.
2. Toss beets, olive oil, salt and herbs (optional) in a bowl making sure the beets are covered well with the oil.
3. Place beets on a cookie sheet, glass pan, or other casserole dish and place in the oven.
4. Roast for 10-20 minutes or until the beets are tender when poked with a fork.
5. Serve as a side dish or enjoy by themselves as a snack.



Prepared by Hopelink
Volunteers

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