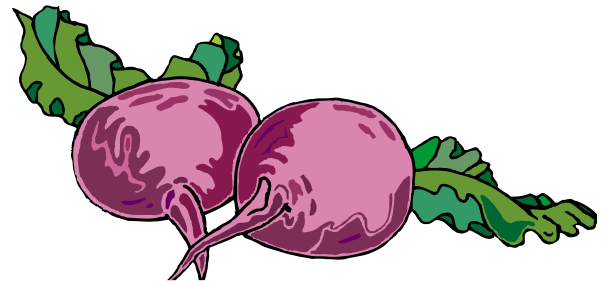


*Fresh*  
FROM THE  
FARM



## BEETS



### Selection & Preparation

Choose small to medium sized beets with firm, smooth skins that have a purple to red color.

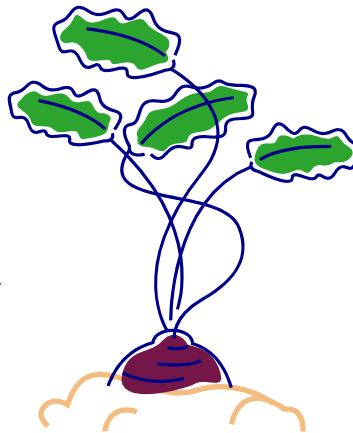
Avoid beets that are soft or shriveled, or have rough or flabby skins.

1/2 pound beets makes 1 to 2 servings.

Beets should be kept cool and dry in the refrigerator and are best when used within 2 weeks.

Wash beets well. Cut off greens but leave 1 to 2 inches of stem. Beet greens are edible also and can be eaten as you would spinach. They can be steamed or eaten raw in salad.

Do not peel beets until after they are cooked. Cook, covered in boiling water until tender, 15 - 45 minutes depending on size. Cool



### Nutrition Facts

Serving Size ½ cup sliced beets

Amount Per Serving

Calories 30

% Daily Value\*

**Total Fat 0g** 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

**Cholesterol 0g** 0%

**Sodium 55 mg** 0%

**Total Carbohydrate 7 g** 1%

Dietary Fiber 2 g 7%

Sugars 4 g

**Protein 1 g**

Vitamin A 0%

Vitamin C 6%

Calcium 2%

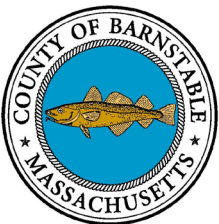
Iron 4%

Folate 19%

Potassium 221 mg

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

Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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### Key Nutrients

**Folate** - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.

**Potassium** - to maintain normal blood pressure levels.

Beet greens are very nutritious. They are high in vitamin A, calcium, magnesium and especially potassium.

## Rainbow Potato Puree

1/2 pound potatoes (1 large), peeled and cubed

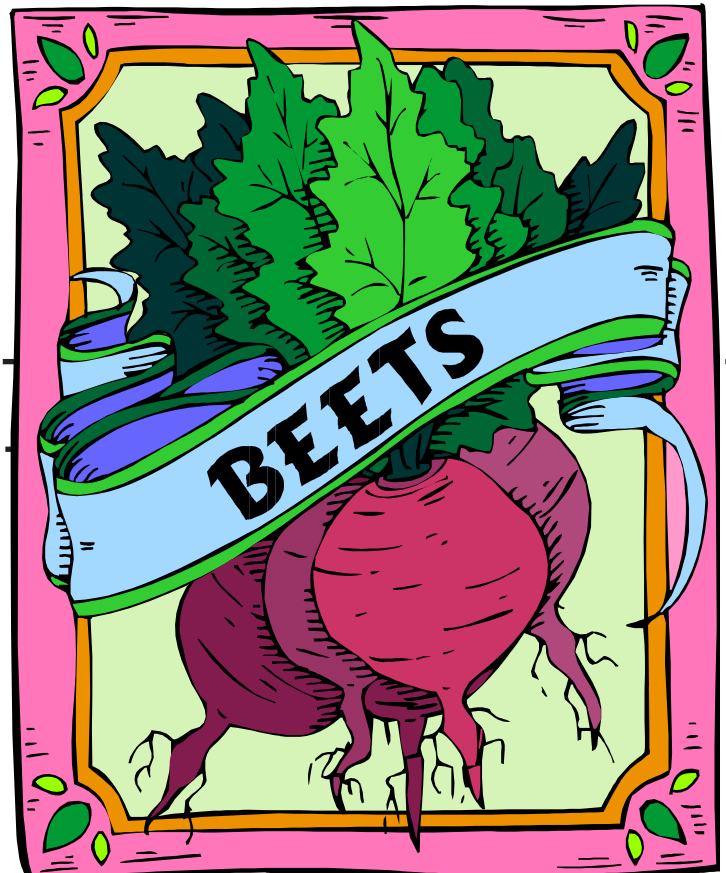
1 cup peeled and chopped vegetables such as beets, carrots, broccoli, pumpkin, parsnips, etc.

1/8 cup water

1/4 cup low-fat milk

2 teaspoons butter or margarine

- Place potatoes, vegetables and water in 2-quart microwave dish covered with plastic wrap.
- Cook on high power 8-9 minutes, let stand 3 minutes.
- Remove plastic wrap; add milk and butter or margarine.
- Mash with a potato masher, leaving vegetable texture.



## Beet Salad

2 beets

1 tablespoon lemon juice

1 tablespoon mustard

2 teaspoons vinegar

1-2 teaspoons oil

1/2 teaspoon sugar

1 teaspoon dill, or fresh thyme

Pepper to taste

- Cut off beet greens, leaving at least 1 inch remaining.
- Place beets in a pan of boiling water and cook until tender, depending on size of beet, 15-45 minutes.
- Cool slightly, peel cooked beets and slice.
- Combine remaining ingredients in a medium bowl. Stir well.
- Add beets to the bowl and stir gently to coat with dressing.
- Refrigerate for one hour before serving.

Makes 2-3 servings