



Harvest of the Month

BEETS

Nutrition Information

- Beets are considered an “other” vegetable
- Beets are high in both soluble and insoluble fiber.
- Good source of vitamin C and potassium
- Beet greens are high in vitamin A, vitamin C, calcium and iron.
- The beet root is a good source of vitamin C, potassium, riboflavin and folate.

Selection and Storage

- Small to medium sized beets (up to 2½ inches across) have better flavor.
- Beets should be rich in color, round, firm and smooth over most of the surface.
- Remove beet greens before storing.
- Check out [WSDA’s Preparing and Serving Beets: Checklist and Tips](#)
- Montana’s Harvest of the Month - [Beets Cafeteria Bites](#) has tips and resources for selecting storing and serving beets, including a recipe featuring beets.



Fun Facts

- Beets were first cultivated by the ancient Romans.
- You can eat both the root and the leaves of the beet.
- Beets not only come in various colors like red, purple, orange and yellow, but also can be striped like a candy cane.
- Fresh beets are available year-round but are best from July through October.
- Beet juice has been used as a natural red dye since the 16th century.
- The heaviest beet on record weighed 52 lb. 14 oz!
- Beets have the highest natural sugar content among all other vegetables.
- One variety of beet, called a Sugar Beet, is used in making sugar.



Recipes

- [Team Nutrition Bellingham School District - Beet Hummus](#)
- [Local Harvest Bake USDA Recipe for Schools](#)
- [Purple Pirate Potatoes – Montana Team Nutrition](#)
- [Vermont FEED – New School Cuisine Cookbook:](#)
 - Magenta Root Slaw (pg. 42)
 - Beet Burgers (pg. 60)
 - Roasted Root Vegetable Hash (pg. 84)



Educational Resources

- [WA SNAP-Ed Growing Beets in Washington: Gardening Tips \(Spanish\) \(Russian\)](#)
- [WSU Fresh from the Farm – Beets Brochure\(Spanish\)](#)
- Montana Harvest of the Month - Beets: [Harvest at Home](#) and [Classroom Handout](#)
- Food Hero has many nutrition education resources available to support your Harvest of the month. Check out their resources for Beets that include: [Beet Basics Information Sheet \(Spanish\)](#) and [Beet coloring sheet \(Spanish\)](#)
- [Plant Tops and Bottoms](#) – Grades K-2
- [Dig 'Em Up](#) – Grades K-2
- [Growing Minds: Root Exploration](#) – Grades K-2
- [Growing Minds: Eating in Season](#) – Grades 3-5
- [PBS America's Heartland - Sweet Beets](#): This 10-minute video segment shows the sugar beet from the farm to the fork.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).