

Beets



Golden Beets



Red Beets



**"Chioggia"
Candy Cane Beets**



STORAGE/PREP

In the fridge with the beets and tops together the beets will keep a week but the tops only 3 days.

Chop the tops off the beets and store the beets and tops in separate plastic bags in the fridge. Roots will keep 2-3 weeks, tops 7 days.

BABY BEETS

Usually included in CSA once a year and market 2-3 times in early spring. Boil or roast baby beets. They are wonderful topped with spring dill.

Sauteed baby beet greens have an amazing vitality and flavor.

COOKING BEET ROOT

Roast ~ Crock Pot ~ Steam ~ Grill ~Dutch Oven ~ Sheet Pan Meal

RAW BEET ROOT

Shred or finely chop for adding to a salad, slaw, or garnish

COOKING BEET GREENS

De-stem and saute beet greens cooking 4-7 minutes until tender. Boil 4-7 minutes, squeeze excess water, finely chop

EXTRA BEETS

A few extra beets are great for juicing, chopping up for a small batch of ferments or quick fridge pickles.

EXTRA TOPS

Beet greens, when boiled, chopped, and frozen, can be used interchangeably in any recipe you would use frozen spinach.

CROP AVAILABILITY

June-October

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