



Beets

Beta Vulgaris

Nutrition Facts

- Beet greens can also be harvested and eaten. When cutting off the greens, leave one inch of the greens above the beet.
- Beets are an excellent source of Calcium, Iron, Vitamins A, B and C.
- Beets contain an abundance of folate, an important vitamin for female health.

Planting

Plant 3/15-4/15 or 8/1-8/10
(Guidelines for planting in raised beds)

Seeds: Sow 3 or 4 seeds per inch in 1/2 inch deep rows that are 3-6" apart.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate.

Young seedlings: Water when top one inch of soil dries out. Mulch plants with cotton burr compost to keep soil moist.

Harvest & Storage

Beets are best harvested once the bulbs are 1.5 to 2 inches in diameter. Start by harvesting one beet to check and see if it is large enough.

Loosen the soil around the beets with a garden trowel. Beets should come out easily by either using the trowel to dig them up or by pulling at the base of the plant.

Once beets are harvested, lightly wash off the dirt and allow to air dry before storing in the refrigerator for up to two weeks.

Recipe

Wash all vegetables before using

Beet Smoothie

4 beets, roasted, peeled and chopped
1 teaspoon vanilla extract
1/2 cup milk
1 cup water
1 cup blueberries
Honey to taste
10-12 ice cubes

Start by pureeing the beets in a blender. Add in the blueberries, vanilla, milk, water and ice cubes and turn on the blender. Add honey, blending until smooth and enjoy!



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