

# Beets

## Sprout Growing Considerations:

- Recommend varieties: Detroit Dark Red (DM), Kestrel (CLS, DM, PM), Red Ace, & Ruby Queen
- Directly sow your seeds into your bed! Beets don't like their roots to be disturbed so plant them where they'll live.
- Try to give each seed 10 inches of space from one another.
- Beets are frost-hardy and may be planted 4-6 weeks before the last frost date. As a cool-season crop, the soil temperature range for germination is 50-85°F, but optimally the temperature is 75-85°F (LSU Ag Center)
- Be sure to keep the seeds moist in the first 10 days, spraying with a water bottle or mister. Beets enjoy moist but not soaking-wet soil.
- Be sure to water gently once the taproot has developed as it can stick out of the soil and you want to be careful not to wash any away.



### General Information

- Root vegetable harvested in the fall
- Available in a variety of colors like red, golden, & candy cane striped
- Choose small, firm beets with unblemished skin & bright leaves
- Store raw, unwashed beets in the fridge for up to 2 months
- Store cooked beets in an airtight container for up to 3 days



### Nutrition

- High in **iron** which supports red blood cell production to fight fatigue
- Excellent source of **fiber** which promotes digestion, blood sugar control, & heart health
- Contain **nitrates** which help reduce blood pressure



### Cooking Ideas

- **Roasted**
  - Wash, peel, cut & season with olive oil, salt, & pepper. Roast at 425°F for 35-40 minutes or until easily pierced with a fork.

- **Raw**
  - Wash, peel, & slice thinly or shred using a box grater. Add to a salad or slaw.

- **Leaves & Stems**
  - Reduce food waste! Chop & sauté the stems and leaves with olive oil, salt, pepper & garlic. Finish with a squeeze of lemon.