

Shopper's Guide

Selection

Beets are available all year long. Many beets are sold in bunches with the greens (leaves) still attached. Others are sold loose, with the greens removed.

Look for

- Firm, round beets with a slender tap root (the root at the bottom)
- Rich, deep red color (if red)
- Smooth surface



Avoid

- Long beets with round, scaly areas around the top surface. These beets will be tough, fibrous, and strong-flavored.
- Wilted, flabby beets. These have been exposed to the air too long.

Storage

Cut off the greens (leave an inch on the beet). Place the unwashed beets in a plastic bag. The roots will keep in the refrigerator crisper for up to 3 weeks. The beet greens should be used as soon as possible, as they will keep for only a few days. Store in a plastic bag in the refrigerator crisper.

Recipe Collection

Simple Borscht* Soup

*pronounced: borsh

Serves 6

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 6 medium beets, peeled and chopped
- 2 cups beef stock
- salt and freshly ground pepper
- Heavy cream (optional)

Instructions:

1. Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic. Cook until soft but not browned. Stir in beets. Cook for 1 minute.
2. Stir in stock. Season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender. This will take 20 to 30 minutes. Remove from mixture from heat. Allow it to cool slightly.
3. In batches, add soup to a food processor. Blend (pulse) until liquid. Return soup to saucepan. Gently heat through.
4. Spoon into bowls. Garnish with the heavy cream.

Nutrient Data

Serving Size for 1 cup: Calories 229, Total Fat 16.4, Saturated Fat 5g, Cholesterol 20 mg, Sodium 243mg, Carbohydrate 17g, Dietary Fiber 4.2g, Protein 4.8g, Vitamin A 11%, Vitamin C 26%, Calcium 6%, Iron 14%

Beets



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What's So Great about Beets?

- Beets are an excellent source of folate. Beets are good sources of potassium, vitamin C, and fiber.
- Beets are low in calories. As a vegetable, beets are fat and cholesterol free.
- Beets have a sweet flavor.
- Beets are great cold or hot. Beets go well with meats, in soups, and other vegetables.
- Beets are most often sold in cans or in jars. But they are also available fresh.
- Beets are inexpensive.



Nutrition Information for 1 cup Beets

Nutrition Facts	
Serving Size 1 cup 136g (136g)	
Amount Per Serving	
Calories 58	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 106mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 2g	
Vitamin A 1%	• Vitamin C 11%
Calcium 2%	• Iron 6%

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

NutritionData.com

Key nutrient facts are circled in red.

Did You Know?

Beet greens (leaves) are very nutritious and delicious! They are an excellent source of vitamins A and C, potassium, and magnesium. Beet greens are a good source of calcium, iron, and copper.

Chard is a member of the beet family which includes Swiss chard, leaf beet, spinach beet, silver beet, seakale beet, or white beet. Chard produces broad leaves rather than a large round root. The leaves are eaten for their tender texture and mild flavor. The leaf and stalk can be eaten raw or cooked. Different varieties of Swiss chard are pictured below.

