



# COMMUNITY HARVEST

LOCAL PRODUCER FEATURES + PRODUCE HIGHLIGHTS + RECIPES + HEALTHY TIPS



## WHAT'S IN THE CSA THIS WEEK?

- Pea Sprouts - Flavor Country
- Beets - Flint Ridge
- Fingerlings - LoneTree
- Onions - Blue Gate Farm
- Greens - Salama, Wolff Farms
- Butternut or Sweet Potatoes - Grandview Farms

## FEATURED PRODUCE

### BEETS, A COOL SEASON CROP

A staple in [the] garden, beets grow easily and you won't have to wait long until harvesting their tasty roots. And you can eat their green tops, too, so they're a dual-purpose crop. Beets—or “beet roots”—are a colorful, cool-season crop that is easy to grow from seed in well-prepared soil and grows quickly in bright sun. They are a great choice for northern gardeners because they can survive frost and near-freezing temperatures. This also makes them great as a fall crop.

Beet roots can be harvested from the time they're about the size of a golf ball to the size of a tennis ball; larger roots may be tough and woody. Plus, beet greens have a delicious and distinctive flavor and hold even more nutrition than the roots!

Adapted from: [www.almanac.com/plant/beets](http://www.almanac.com/plant/beets)



## ROASTED BEETS

### INGREDIENTS

- 6 fresh beets (or as many as desired)
- 1 tablespoon olive oil (or about 1 tablespoon for every 4-6 beets)
- Salt and pepper to taste

### INSTRUCTIONS

1. Preheat oven to 375° F.
2. Wash beets under cold water and cut off the top and bottom.
3. Cut beets in half and toss with olive oil, salt & pepper.
4. Lay out a large piece of tinfoil, top with a piece of parchment paper. Wrap and seal beets. (Or place beets in a greased baking dish and cover).
5. Roast the foil package for 1 hour or until beets are tender when poked with a fork.
6. Using rubber gloves or paper towels, rub the beets and the skins will just slide right off.
7. Serve warm with butter or chilled in salads.

Image from: [www.spendwithpennies.com/simple-roasted-beets/](http://www.spendwithpennies.com/simple-roasted-beets/)



## HEALTHY TIP

### ADDING BEATS TO YOUR DIET: HOW AND WHY

Beetroots, commonly known as beets, are a popular root vegetable used in many cuisines around the world. Beets are packed with essential vitamins, minerals and plant compounds, some of which have medicinal properties. What's more, they are delicious and easy to add to your diet. Beets can be juiced, roasted, steamed or pickled. Also, they can be bought precooked and canned for convenience.

Remember to choose beets that are heavy for their size with fresh, unwilted green leafy tops still attached.

Dietary nitrates are water soluble, so it is best to avoid boiling beets to maximize their nitrate content. Here are some delicious and interesting ways to add more beets to your diet:

1. **Beetroot Salad:** Grated beets make a flavorful and colorful addition to coleslaw [or salad].
2. **Beetroot Dip:** Beets blended with Greek yogurt [or into a hummus] make a delicious and healthy dip.
3. **Beetroot Juice:** Fresh beetroot juice is best, as store-bought juice can be high in added sugars and may only contain a small amount of beets.
4. **Beetroot Leaves:** Beet leaves can be cooked and enjoyed like spinach, so don't throw them out.



Adapted from: [healthline.com/nutrition/benefits-of-beets#TOC\\_TITLE\\_HDR\\_10](https://www.healthline.com/nutrition/benefits-of-beets#TOC_TITLE_HDR_10) // Images from: <https://www.spendwithpennies.com/sauteed-beet-greens-recipe/> and <https://prettysimplesweet.com/beetroot-hummus/>

## WATCH & LEARN

### GROWING BEETS: SOWING TO HARVEST



Point a smart phone camera at the QR code to open the video link and learn a few simple guidelines gardeners follow while growing and harvesting beets.

Source: [www.youtube.com/watch?v=1D1LLkLi8oM&feature=emb\\_title](https://www.youtube.com/watch?v=1D1LLkLi8oM&feature=emb_title)



## CONNECT WITH US

For all questions related to Community Harvest, call **402.690.0888** or email [communityharvest@nmepomaha.org](mailto:communityharvest@nmepomaha.org). If you want to learn more about NMEP Community Education programming including how to schedule a custom workshop or cook-along, visit [nmepomaha.org/community-education/](https://nmepomaha.org/community-education/).

