



GTCG WEEKLY

Recipes, Garden Pests and TidBits

Newsletter

Issue #7

Beets

[Scientific name: Beta Vulgaris |

GROWTH

Beets are root vegetables that showcase some of Mother Nature's most beautiful colors, including red, white, gold or striped. Beets get their vibrant colors from betalains, which are pigments that act as antioxidants with anti-inflammatory properties.

DISEASES/PESTS

Aphids haunt almost any common garden plant, and it is no different with beets. Aphids suck on the sap of plants and leave a sticky residue that creates a perfect environment for ants and fungi. A good blast from your water hose can knock them loose, but if you are still having issues, you can try dusting the plants with flour or wiping the stems of plants with canola oil.



HISTORY

Beet juice has been used as a red dye since the 16th century. The Victorians dyed their hair with beet juice in 19th century England.



PRESERVATION

Canning: Beets are a low-acid food that requires a pressure canner to ensure safety from harmful bacteria. Selected beets should be 2 inches in diameter or less, or cut into ½-inch cubes. The beets should be packed into hot jars with 1-inch headspace. Add canning or pickling salt (½ teaspoon for pints, 1 teaspoon for quarts) if desired. Process pints or quarts according to the directions in "Home Canning Low-acid Vegetables" from NDSU Extension.

Freezing: Cook the beets with ½-inch of their stem intact, cool them in an ice bath, and remove stems, taproot and skin. Cut beets into slices or cubes, and package into freezer bags or containers with ½-inch headspace and freeze.

Recipe of the Week

Ginger Roasted Beets



DIRECTIONS

1. Preheat oven to 400 F.
2. Remove the tops and roots of the beets and peel each one with a vegetable peeler. Cut the beets in 1 ½-inch chunks.
3. Place the beets on a baking sheet and toss with the olive oil, salt and pepper. Roast for 25 to 40 minutes, turning once or twice with a spatula, until the beets are tender.
4. Remove from the oven and immediately toss with the vinegar, ginger and honey and serve warm.

Nutrition

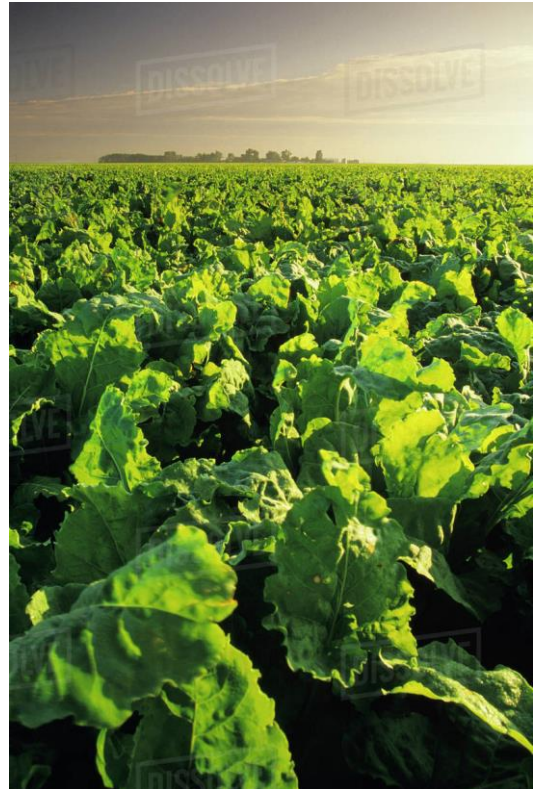
Makes 6 servings. Each serving provides 170 calories, 10 grams (g) fat, 3 g protein, 20 g carbohydrate and 5 g fiber.

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INGREDIENTS

- 12 beets
- 2 to 3 tablespoons olive oil
- Salt and pepper to taste
- 1 tablespoon raspberry vinegar
- 2 teaspoons grated ginger
- 1 tablespoon honey



CONSUMPTION

Try different versions of this ingredient. Beets can be pickled, roasted or steamed for a variation of flavors. Beets can be part of the main dish or be served as a side. They also work well on sandwiches or be added to a smoothie for a nutrient-packed boost.

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