



### How to grow beets

- Biennial and cold-hardy.
- Plant in early spring through late fall, reseed every two weeks until temperature reaches 75-degrees Fahrenheit. You may resume planting when temperature drops.
- Soak seeds in warm water for a few hours before planting, easiest to plant directly in garden.
- Plant in full sun, well-drained soil that is 8-10 inches in depth.
- Plant at a depth of ½ to 1 inch, 2-4 inches apart.
- Ideal PH is 6.0-7.0. Ground should be moist, but not swamped.



### Harvesting

- Beet greens can be harvested starting at 1-2 inches. Older greens can be harvested and Sautéed.
- Roots can be harvested when at 1-4 inches in diameter. The smaller the beet, the better the flavor.



### Pests

- Common pests: Leaf Miners, Flea Beetles, Leafhoppers.
- Use a floating row cover until harvest.

### Top Beet Varieties

- Detroit Dark Red- "Normal" Beets. 3 inches in diameter, Best for canning and roasting.
- Golden- Golden yellow color, buttery and sweet flavor.
- Albino- White flesh, tastes like a normal beet.
- Sugar- Light brown, 2-5lbs, 18% sucrose. Represent about 54% domestic sugar production.

### Why Local?

- Smaller beets are better tasting, but the smaller the plant the faster the nutrients leave the plant after harvest.

### Quick Facts

- Beets are a source of energy with good sugars, low calories, and low fat.
- Beets purify the blood and maintain liver function.
- Beets are rich in glycerin betaine, which protects against heart disease.
- Boosts mental health, treats depression, and contains antioxidants.
- High in tryptophan which treats stress and relaxes the mind.

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 58	Calories from Fat 2
% Daily Values*	
Total Fat 0.23g	0%
Saturated Fat 0.037g	0%
Polyunsaturated Fat 0.063g	
Monounsaturated Fat 0.045g	
Cholesterol 0mg	0%
Sodium 106mg	4%
Potassium 442mg	
Total Carbohydrate 13g	4%
Dietary Fiber 3.8g	15%
Sugars 9.19g	
Protein 2.19g	
Vitamin A 1%	• Vitamin C 11%
Calcium 2%	• Iron 6%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR11.

**3% of RDI\***  
(58 calories)

**Calorie Breakdown:**

- Carbohydrate (85%)
- Fat (3%)
- Protein (12%)

\* Based on a RDI of 2000 calories

### Beets Nutrition Facts

Beets are a healthy whole food that are/have/can

High in Cancer-Protective Antioxidants

Contains Anti-inflammatory Properties

Supports Heart Health

Helps Maintain a Healthy Sex Drive

Contains Anti-Aging Properties

### History of Beets

Beets are a part of the plant family called Amaranthaceae-Chenopodiaceae along with other root vegetables. Beet greens were first consumed in Africa thousands of years ago. Then spread to the Asian and European regions from the help of Greece and Rome.

### Purchasing Beets

The whole beat can be consumed, from the leaf to the roots. It is best to buy the beets whole from a local farmer's market or grow your own.

Beets need to be washed thoroughly when every harvested or store bought.

Do not purchase beets that are badly bruised or bleeding. This is a sign of an illness or pest.



### Sweet Beet Juice Recipe

#### INGREDIENTS:

- 1/2 green apple
- 1 beet
- 2-3 stalks celery

#### DIRECTIONS:

- Add all ingredients to vegetable juicer. Gently mix juice together and consume immediately.

