



Santa Cruz River

FARMERS' MARKET

where everyone's welcome!

Beets 101

People either love them or hate them. Their sweet, earthy flavor pairs well with vinegar, lemon and warm spices. In addition to the basic red beets, there are golden, white and multi-colored varieties. Mild and tender, similar to Swiss chard, beet greens are delicious so if you purchase beets with their greens, you have two vegetables in one!



- **STORAGE** If storing beets for more than two days, remove all but about 1-inch of the greens and store the beets and greens separately in the fridge.
- **To Use Raw** Grate like a carrot and serve with leafy greens and salad dressing.
- **ROASTED** Combine scrubbed, unpeeled beets with olive oil, salt and pepper in a baking dish or tightly wrapped in foil and roast at 375 degrees until they are easily pierced with a knife (30 to 60 minutes). The roasting time will vary depending on the size. Once cooled the skins slip off easily. If your beets are very large, save roasting time by peeling and slicing the beets into wedges before roasting.
- **QUICK, EASY & HEALTHY** Toss roasted beets in a green salad.
- **FANCY BEET SALAD** Combine roasted beets with goat cheese and toasted nuts such as walnuts, pecans, pine nuts or pumpkin seeds. Add lemon juice, olive oil, salt and pepper to taste.
- **GLAZED BEETS** Melt 2 tablespoons of butter, with 2-3 tablespoons of prepared horseradish, 2-3 tablespoons of maple syrup, 2 tablespoons of cider vinegar, salt and pepper. Stir in roasted beet wedges and boil for about five minutes until liquid is reduced to a syrup consistency.
- **PICKLED BEETS** Combine 1 cup of vinegar, ½ cup of water, ¼ cup of sugar and whole spices such as cloves, mustard seeds, fennel seeds, celery seeds and boil until sugar is dissolved. Place roasted beets in a jar and cover with vinegar-spice mixture, refrigerate. Toss into green salads.

- **BEET GREENS** Use Them Like Spinach! Substitute beet greens for any recipe calling for spinach or Swiss chard.
- **SAUTÉED BEET GREENS** Heat 1 tablespoon of butter or olive oil add beet greens and sauté until wilted, season with salt and pepper. Variation: Add garlic, golden raisins to olive oil, sauté with greens and toss in toasted pine nuts or toasted silvered almonds.
- **TOUGH GREENS?** If your beet greens seem tough, drop in boiling water, drain, then sauté.
- **FIVE MINUTE BEETS** (*From Vegetarian Cooking for Everyone*) Melt 1 tablespoon of butter, add 4 coarsely grated beets, salt, pepper, lemon juice to taste and 2 tablespoons of fresh herbs such as parsley, tarragon or dill. Saute for five minutes then stir in a tablespoon or two of yogurt or sour cream.
- **BORSCHT** (*From the Moosewood Cookbook*) Bring 4 peeled, coarsely chopped beets with 3 cups of water and 1 teaspoon of salt to a boil. Lower heat, partially cover and simmer until beets are tender (20-30 minutes). Remove beets from water and cool to room temperature (reserving cooking water). Return beets to water, stir in 2-3 tablespoons of honey or sugar, 1-2 tablespoons of fresh minced dill (or 1 teaspoon, dried), 1 medium peeled, seeded and grated cucumber and 2 thinly sliced scallions. Cover and chill. Stir in 2 cups of buttermilk, served topped with sour cream or yogurt.
- **(EAST) INDIAN-STYLE BEETS** Heat 2-4 tablespoons of vegetable oil in a medium pot over medium heat. Add 1 teaspoon of whole cumin seeds and sizzle for a few seconds. Add 1 clove of minced garlic and 1 large chopped onion. Sauté for 5 minutes. Stir in 1 teaspoon of flour and a pinch to ¼ teaspoon of cayenne. Sauté another few minutes. Add 3-5 peeled beets sliced into 2-inch wedges. Add 2 medium, chopped tomatoes, 1 teaspoon of salt and 1-¼ cups of water. Cover and simmer for 30 minutes or until the beets are tender. Remove lid, increase heat to high and boil for about 5 minutes until the sauce has thickened. Serve with basmati rice.
- **ALL-AMERICAN HARVARD BEETS** (*from USA Cookbook*) In a small saucepan, combine ½ cup sugar, 1 tablespoon finely chopped crystallized ginger, 5 tablespoons of red wine vinegar, ¼ cup orange juice, 1 ½ tablespoons of arrowroot (or cornstarch), salt and pepper. Bring to boil, stirring until the sugar is dissolved. Whisk in 1 tablespoon of butter and the zest of 2 oranges. Pour sauce over roasted beets and cool before serving.