

Fun FACTS



Beets are in the same plant family as swiss chard, spinach, and quinoa!



We mostly think of beets as being red, but they can also be yellow, white, or even have white and red stripes (like a candy cane) on the inside!



Sugar beets are a variety of beet that are 20% sugar vs red beets with 8% sugar!



Beets are usually the size of a baseball but can be as small as a marble. They can be round, oval, tapered, long, or flat shaped.



In the 1800s sugar beets became the main source of sugar in Europe!

The betalains in beets have powerful antioxidant and anti-inflammatory properties!





Fun FACTS

Beets originated in the Mediterranean and Middle Eastern region and have been cultivated for over 4,000 years!



Beets were first cultivated for their greens which are nutrient rich with vitamins A and K and more iron than spinach!

Pickled beets are a common topping for hamburgers in Australia!

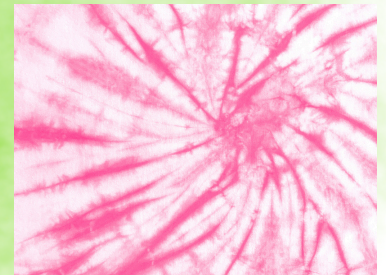


Early American colonists used beets to make pink cake frosting!



Beets are rich in fiber, vitamin C, and potassium. They also support immune function, improve digestion, and maintain blood pressure!

Beets are used to make natural dye for fabrics/ fibers, foods, and more!



**LOCAL FOODS
HEALTHY SCHOOLS**
FARM TO SCHOOL

Cornell Cooperative Extension
Schoharie and Otsego Counties



World's BIGGEST



Beet: The world's largest beetroot was grown in the United Kingdom in 2019, it weighed **52 pounds and 14 ounces!** That's the same size of an average 1st grader!



Statue: In Halstad, Minnesota there is a giant statue of a sugar beet. Standing **21ft tall and 8 ft wide**, this concrete statue weighs **10,000 lbs!** This sugar beet is a symbol and tribute to the large crop of sugar beets produced in the area each year!





Need To KNOW



Plant seeds directly into fertile soil, placing them a few inches apart. Each seed planted is actually 2-4 seeds, so beets will need to be thinned to be 3-4 inches apart once the greens are 4 inches tall..

Growing



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Thin your beets by pinching off the greens of the undesired plants (save the greens for eating)!

Beets require 6 hours of sunlight a day and about 1 inch of water per week. They need 55-70 days to mature.



Harvesting

Beet greens can be harvested continuously from plant thinning to when the greens are over 6 inches tall and tough in texture. Only take 1 or 2 mature leave per plant at a time, leave enough leaves to ensure healthy plant growth.

Beets can be harvested once they reach the size of a golf ball or larger. However, if they are too big they can be quite tough and woody, which is not ideal for eating.





Need To KNOW



Storage



Fresh beets can last for about a week in the refrigerator.

For long term storage, beets can be buried in layers of sand or sawdust so they don't touch and stored in a cool, dry area like a basement.



Beet greens are hearty enough to be frozen, allowing them to be preserved for later use!



Cooking

Beets can be steamed, boiled, roasted, or even air fried. You can also add them to dishes like salads, soups, stews, or even smoothies!

You can preserve beets by freezing, canning, or pickling them!

