



Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

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Recipe of the month

Beet Hummus

Serves 6

- 4 medium beets, ends trimmed
- 5 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 5 tablespoons olive oil
- 1 small garlic clove, minced
- 1 teaspoon cumin, ground
- 1/8 teaspoon black pepper
- 1 can (15.5 oz) garbanzo beans (chickpeas), rinsed and drained

Directions:

1. Wash and prepare fresh vegetables and fruit.
2. Scrub beets clean under cold water.
3. Place beets in a saucepan and cover with water. Bring to a boil and then simmer on low until tender (about 20 minutes).
4. While beets are cooking, zest 1 tablespoon of lemon.
5. Cool beets and peel.
6. Place all ingredients in a food processor or blender and pulse until smooth. Or mash together in a large bowl using a masher or fork.
7. Serve with whole-wheat crackers, slices of washed bell peppers, cucumbers, carrots, and celery.

Per serving: 120 calories, 11 g fat, 5g carbohydrate, 1 g fiber, 25 mg sodium

Source: laxf2s.org