

## Give Your Family More of the Good Stuff!



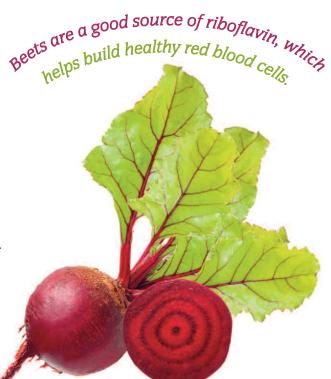




### \$hop and \$ave

- Beets should be round and firm with smooth skins and a deep color. If the greens are attached, they should be fresh, not wilted.
- Small to medium sized beets (up to 2½ inches across) have better flavor. Choose beets that are about the same size so they will cook evenly. The larger the beet, the longer the cooking time will be.
- Fresh beets are available year round but might be cheaper and fresher in summer and early fall!
- Buying canned beets might save you money and time.

## Beet Basics



#### Types of Beets

Red beets are a deep reddish-purple color. They are commonly found canned as whole, sliced, diced, julienned (grated) or pickled.

Golden beets are a little sweeter than red beets.

Chioggia beets have red and white rings inside.

White beets are white to pale yellow.
Look for Chioggia and white beets at farmers' markets or try growing them.



I pound fresh beets =
2 medium
beets with tops =
3 medium, trimmed =
2 cups sliced or diced

15 ounce can of beets = about I cup drained

Canned beets can store for 2 to 5 years.

# Store Well Waste Less

- You can use beet greens raw in salads or cooked as a side dish. Remove leaves from beets, if still attached, and store separately in an open bag. Use within 2-3 days.
- Store unwashed beets in open or perforated plastic bags (20 holes per medium bag) in the refrigerator. Use within 3 weeks. Scrub gently under running water before cooking.



■ Cooked beets can be frozen.

Package in freezer bags, press out the air, seal, label and date. For best quality use within 10 to 12 months.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

