

Beets

Benefits of beets:

- High in fiber
- High in copper, manganese, and potassium
- High in antioxidants to prevent heart disease and some cancers.

When are they in season?

- Harvested around mid-April in Wisconsin.

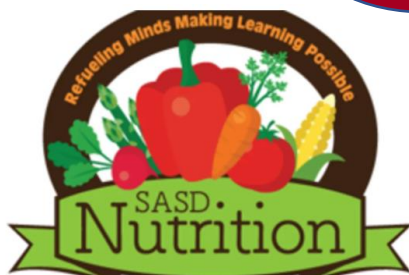
Food Safety for beets

Wash beets with running water. Cut out damaged or bruised areas.

Store beets in the refrigerator.

Separate beets from meat. Use different cutting boards for meats and fruits.

Did you know... The first sugar factory in Poland used beets as their sugar source; not sugar cane!



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

Laura, A., Author, Laura, & Jeff. (2020, September 02). Balsamic Oven Roasted Beets Recipe. Retrieved January 18, 2021, from <https://joyfoodsunshine.com/roasted-beets/>

Pictures: Creative Commons

Pink Beet Smoothie

Serves: 3

Calories: 152 per serving

- 1 cup plain yogurt
- 1 tbsp [chia seeds](#) optional
- 1-2 tbsp nut butter of choice
- 1-2 frozen bananas
- 1/2 -1 small beet, cooked and peeled
- 1-2 cups frozen raspberries or strawberries to taste
- 1 cup milk of choice or water

Directions

- Combine all ingredients in a [blender](#). Blend.
- Add extra milk/water (if needed) a little at a time until desired consistency is reached.

