HARVEST OF THE MONTH

Golden Beets

recipe Golden Beet Slaw

you will need:

- ¼ cup olive oil
- ¾ teaspoon coarse salt
- 2 tablespoons red-wine vinegar
- ¼ teaspoon freshly ground pepper
- 1 tablespoon orange juice
- 1 teaspoon orange zest
- ½ cup chopped fresh cilantro
- 1 ½ pounds golden beets, peeled and cut into matchsticks

directions

1. Whisk together oil, vinegar, zest, orange juice, salt and pepper

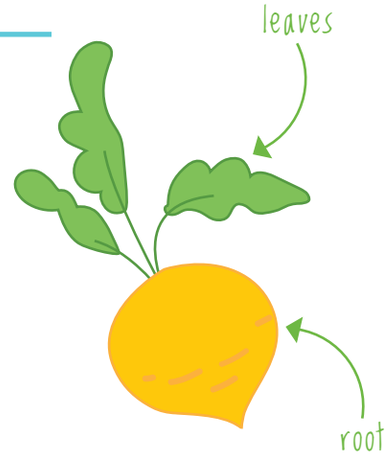
2. Toss with beets and cilantro and serve!

taste chart

How does a golden beet taste?! Circle the flavors below:

Salty Bitter Sour Sweet

DID YOU KNOW?!



The entire plant is edible!

Beets have **more potassium than bananas!** The beet is also related to **Swiss Chard, Spinach and Quinoa!**

YUM!

HEALTH FACTS

Beets are great sources of fiber and aid in digestion.

They are a good source of potassium which helps manage blood pressure.

food origin

Wild beets originated along the Mediterranean Sea in 300 B.C. from Egypt to Greece. Harvested for their leaves, they were long and thin like carrots.

The root was cultivated in Italy and domesticated to today's modern beet in the late 1500's. Beets made their way to North America in the 1800's.

growing it

Plant Me:
Plant my seeds 1 inch deep with my seeds 4 to 6 inches apart from each other.

Harvest Me:
Harvest me before my greens grow to be 6 inches tall, or I will become very tough!

This material is based upon work that is supported by the Food and Nutrition Service, U.S. Department of Agriculture.

For enrichment activities go to **mollenfoundation.org/harvest**