

ISLAND GROWN HARVEST OF THE MONTH NOVEMBER 2012 BEETS



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

Beets and our health

A 1/2 cup of cooked or raw beets is a good source of manganese, vitamin K, vitamin A, vitamin C, and folate. Folate helps make healthy red blood cells. Beets also have riboflavin (also known as vitamin B2), which works with other B-vitamins to help your body grow and release energy from the carbohydrates you eat.

When are Beets in season?

On Martha's Vineyard, spring beets are available in April and May, and fall and winter beets are available July through December, with cold storage through the winter months.

HEALTH TIP

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)	
Calories 37	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

Healthy Serving Ideas

- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Roast beets with skins on in the oven at 375 degrees for about 40 minutes.
- Add fresh sliced or canned beets to spinach salads.
- Sauté beet greens with chopped onion and garlic for a healthy side dish.

Shopper's Tips

- Look for smooth, hard, and round beets that are free of cuts and bruises.
- When possible, choose fresh beets with green tops still attached. The greens should look healthy, not wilted or brown.
- Remove the green tops from beets and store each in separate plastic bags.
- Keep beets in the refrigerator for up to two weeks. Cook the green tops within one to two days.
- Choose low-sodium or no salt added canned beets. Use before expiration date.

for more information visit islandgrown.org/harvestofthemoth

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

