



ASK YOUR  
CHILD ABOUT  
BEETS!

## BEETS!

This month we are learning all about beets. Beets are a root vegetable that can be eaten raw, cooked, or pickled. You can eat the greens, too! Try beets raw in a salad, as in the recipe below. Or, roast beets with skins on in the oven at 375° for about 40 minutes. Beets are available year-round. You can find them at farmer's markets from May through December.

CLASS RECIPE - TRY IT AT HOME!

### RAINBOW CRUNCH SALAD\*

(Beet and Carrot Salad with Citrus Dressing)

SERVES 4-6

#### INGREDIENTS

Dressing:

- 1/2 tsp. fresh ginger, grated
- 2 Tbsp. honey or brown sugar
- Juice of 1 large lemon (2-3 Tbs.)
- Juice of 1/2 large orange (2-3 Tbs.)
- 1/4 tsp. salt or to taste

Vegetables:

- 3/4 pound carrots (mix of colors, if possible), grated
- 3/4 pound raw beets, grated

#### DIRECTIONS

**MAKE DRESSING:** Measure lemon and orange juices into a medium bowl. Add grated ginger and honey/brown sugar and whisk to combine. Add 1/4 tsp. salt, or to taste.

**MAKE SALAD:** Add grated carrots to the bowl and stir to combine. Add beets and mix lightly. Refrigerate until ready to serve.

*\* Adapted from Alison Forrest, Food Service Director, Huntington, VT*



### PRODUCE TIPS

- Look for smooth, hard beets, without cuts and bruises.
- When possible, choose fresh beets with green tops still attached. Greens should look healthy and green, not wilted or brown.
- Store beets in a plastic bag.
- Beets will stay fresh in the refrigerator for up to two weeks. Beet greens should be used within a few days.
- Choose low-sodium or no salt added canned beets.



### KIDS CAN COOK: BEETS

Kids can help prepare beets by:

- Grating –Instruct your child to stop grating when they get close to the holes, and help them by using an adult hand over a child hand while they are learning.
- Mixing a dressing
- Chopping cooked beets with a plastic or ceramic knife
- Combining carrots and beets in the rainbow crunch salad