



Beets

What is it?

Beets are a root vegetable. Whether cooking or eating them raw, these tiny powerhouses are full of vitamins and minerals. They are an excellent source of folate (as much as 27% of your recommended dose of daily folate) and a good source of manganese, potassium, and copper!

What does it taste like?

Beets have a very unique flavor that tastes like, well, beets. But if we had to describe it, we would say earthy with a side of bitter. However, they pair nicely with many things, or taste delicious roasted. When pickled, beets can have a slightly sweet flavor to them as well. Golden beets are, in general, more mild in flavor.

What to do with it?

Beets can be an addition to some of your favorite dishes, or a great side dish. Because they are a nutritional powerhouse, beets are a great addition to dishes, as a side, sliced, or grated salads, smoothies, or juices. The LEAVES are also edible! Add them to your salads, smoothies, juices, scrambled eggs, or anything and you will have even more nutritional bang!

How to store it?

The best way to store beets for a short period of time is in a cool, dark part of your refrigerator or on the countertop for 1-3 months. If you'd like to store beets for longer periods of time, simply blanch and then freeze them and they will keep for up to three months.