

Recipe: Roasted Beets and Sautéed Beet Greens

Serving Size: 1/4 recipe; Yield: 4 servings; Calories per Serving 199

Ingredients:

- 1 bunch beets with greens
- 1/4 cup olive oil, divided
- 2 cloves garlic, minced
- 2 tablespoons chopped onion
- Salt and pepper to taste
- 1 tablespoon red wine vinegar

Instructions:

1. Preheat the oven to 350 degrees. Wash beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is

2. easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red wine vinegar, or butter and salt and pepper.

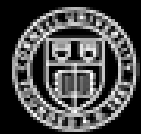
Source: Adapted from Allrecipes.com

Clinton County

6064 State Route 22, Suite #5
Plattsburgh, NY 12901
518.561.7450

Essex County

1 Sisco Street
Westport, NY 12932
518.962.4810



Cornell University
Cooperative Extension



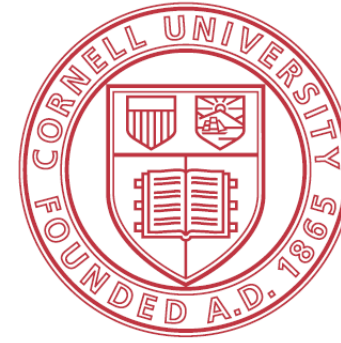
We're on the Web!

<http://ecgardening.cce.cornell.edu>

Text for this publication was written by Master Gardener Volunteer Nora Teter.

2009

Cornell Cooperative Extension provides equal program and employment opportunities.



Vegetable Growing Guide: Beets

Cornell Cooperative Extension Clinton and Essex Counties

Beet Facts



Recommended

Varieties:

- Crosby Green Top
- Detroit Dark Red
- Early Wonder
- Formanova
- Golden
- Long Season
- Lutz Green
- Red Ace
- Ruby Queen
- Warrior

Beets and can be planted outdoors as soon as the soil can be worked in the spring, and taste best if they grow in cool temperatures. Beets, *Beta vulgaris subsp. vulgaris*, don't require much garden space but like loose soil that is not too acid. Some varieties have red stems and venation in the leaves, making them a natural for edible landscaping. Root shapes range from long and cylindrical to short and spherical. Choose short varieties for stony soil. In addition to the common red beet varieties, colors range from gold and yellow to white. Some varieties are favored for their greens, others for their long-term storage.

Be sure to eat the young beet greens you thin out to give the root balls of your remaining plants space to develop. Cook beet greens like spinach.

How to Plant



Beets don't require rich soil, and will grow well in either full sun or partial shade. Seeds should germinate in 5-21 days depending on soil temperature, and are viable for 4 years. Plant in early spring, as soon as you can work the soil, $\frac{3}{4}$ inch deep and 1 inch apart in rows 12 to 18 inches apart or in raised beds. The wrinkled seed case usually contains two to four viable seeds, making it necessary to thin beets to 3- to 4-inch spacing if you plan to harvest young, small or cylindrical-shaped roots, or 6-inch spacing for larger roots for winter storage. Unlike most root crops, beets can be started inside or in cold frames and transplanted into the garden. Successive plantings can be made in cool spring or fall weather.

Pests and Diseases

The main beet pest is the leafminer. Cover plants with fine netting, cheesecloth, or floating row cover to protect them from adult flies. Handpick and destroy infested leaves. Diseases include cercospora leaf spot and scab. For both diseases, avoid wetting the foliage if possible. Water early in the day so aboveground plant parts dry as quickly as possible. Avoid crowding plants. Thin beets and eliminate weeds to improve air circulation. In autumn, rake and dispose of all fallen or diseased leaves and fruit. Other diseases include root rot. Well drained soils help reduce the risk of root rots.



Maintenance and Care



Competition and uneven watering can make beets stringy and tough, so provide them consistent moisture and keep them well weeded. Begin thinning when seedlings are about 4 to 5 inches tall, cutting rather than pulling to avoid disturbing the roots of other plants. Boil or steam the fresh greens you thin. Beets develop their best color and flavor under cool conditions and bright sun. Beets don't grow well in soils with pH less than 6.0. Corky black areas in beet roots indicate boron deficiency, a condition resulting from beets' inefficient use of boron. Boron is less available in soils with high pH and high organic matter.

Harvest and Storage

For best flavor, harvest both roots and tops when they are young and tender, beginning when the beet is 1" in diameter. Begin main harvest by pulling or digging beets when they are 2"-3". Harvest spring planted beets before hot weather (July). Harvest fall beets before the first moderate frost. For best storage, cut off the greens leaving at least an inch of stems, wash roots free of soil, place in plastic bags with holes for ventilation, and store in the refrigerator's crisper. Store beet greens in ventilated plastic bags also but use them as soon as possible. They will only last a few days.

Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.