



Beets are The Harvest of the Month!

Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

Store – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

Prepare – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!

#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.



LA REMOLACHA

Cruda, cocida, asada o en jugo

SIEMPRE COLORIDA, SIEMPRE NUTRITIVA

¡Las remolachas son la cosecha del mes!

Agregue remolachas a sus comidas familiares favoritas:

- Agregue remolachas crudas ralladas a una ensalada.
- Mezcle las remolachas cocidas con puré de papas para tener un estallido de color.
- Agregue remolachas crudas o cocidas que le sobren a una sopa de carne con verduras de lata y hierva a fuego lento hasta que estén suaves.

Preparen juntos comidas y recuerdos.

Es una lección que los niños usarán toda la vida.

Seleccione: Elija remolachas con cáscara firme y lisa y hojas crujientes. Las remolachas más pequeñas son más suaves.

Guarde: Retire las hojas verdes, dejando aproximadamente 1 pulgada de tallo. Guarde las remolachas en el refrigerador en una bolsa de plástico hasta por 2 semanas.

Prepare – Enjuague las remolachas con agua fresca corriente y lávelas con un cepillo para verduras. Las remolachas se pueden comer crudas o cocidas. ¡También puede comer las hojas!

¿Sabía usted?

La mayoría de las remolachas que se cultivan en Wisconsin son rojas, pero también hay remolachas rosas, moradas, blancas y amarillas. ¡Pruebe un arcoíris de colores con remolachas!



Nutritivo, delicioso, Wisconsin!

#WIharvestoftheMonth



wisconsin
harvest
of the month

BEETS: **QUICK & EASY**

- Mix cooked beets into mashed potatoes for a pop of color
- Add grated raw beets to salad
- Cube and roast with olive oil and dried herbs



**FOOD
WISE**
Healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



La cosecha
del mes
en Wisconsin

REMOLACHAS: RÁPIDO Y FÁCIL

- Mezcle las remolachas cocidas con puré de papas para tener un estallido de color
- Agregue remolachas crudas ralladas a una ensalada
- Corte en cuadritos y cocine en el horno con aceite de oliva y hierbas deshidratadas

