



Harvest of the Month: Beets

Video Transcript

Video Available At:

<https://www.youtube.com/watch?v=i5yhCtgQnqk&list=PLxD1eXc1FC3V6TYM43aTOg13edkky1vs&index=8>

This month's Harvest of the Month is beets! Did you know the Romans were the first to cultivate beets for the roots? Before this, only the leaves of beets were eaten, which are similar to chard. In addition to a food source, beets have been used historically as animal feed and medicine. Beets are delicious when eaten raw, roasted, steamed, or baked. You can grate raw beets to add color, flavor, and nutrition to salads. Beet greens can also be eaten raw, cooked, or in recipes in place of greens such as spinach.

These versatile root vegetables come in a variety of colors including red, pink, golden, and red and white striped. Beets are hardy and ready to be harvested in the late fall. Although beets are not grown during the winter in Montana, they can be kept fresh in the right storage conditions for months, making them a good vegetable for the winter. Remove beet greens and stems from the root before storing in the refrigerator to keep them fresher longer.

Dig Deeper

Get more information, register, or download resources:

Aubree Roth

Montana Farm to School Coordinator

aubree.roth@montana.edu | (406) 994-5996

mtharvestofthemonth.org

Many small farms throughout the state grow table beets, the type of beets we eat raw or cooked and sell them at local farmers markets, to restaurants, or at grocery stores. But did you also know that Montana is a major producer of a different kind of beet? Sugar beets, although related, sugar beets and table beets are very different. Sugar beets are larger, off-white in color, and starchy. Table beets are smaller and come in many colorful varieties. Sugar beets have a different nutrient composition than table beets and are used to produce things like white table sugar or molasses sugar. Beets are an important crop in Montana's economy with Montana farms producing over 1.1 million tons of sugar beets in 2019. Table beets are a great source of potassium, vitamin A, vitamin C, iron, and magnesium, all of which are important for growing bodies and athletes. Depending on your age, gender, and how physically active you are, the USDA MyPlate guidelines recommend eating between 1 and 3 cups of vegetables daily to maintain a healthy and active lifestyle. Beets are a flavorful and healthy addition to many meals or on their own.

Let's make a tasty and nutritious recipe! Roasted beets are a delicious and colorful source of many vitamins and minerals. Enjoy Montana beets all month long! The Montana Harvest of the Month program

showcases a different Montana grown food each month in Montana communities. We hope you'll join us in tasting Montana this month!



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by USDA Team Nutrition Training grants, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana Pulse Crop Committee, Montana Specialty Crop Block Grant Program. USDA is an equal opportunity provider. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.