



FAMILY NEWSLETTER



NUTRIENTS FOUND IN BEETS

- Beet greens have notable amounts of calcium, iron, and beta carotene.
- Beet roots are high in vitamin C.
- Beets contain folate, a B vitamin that helps cells grow and reproduce.



PRODUCE POINTERS

- Look for beets that are smooth, hard, and round with deep coloration.
- Beet greens should be brightly colored and fresh looking.
- Select small to medium sized beets—very large beets may have unpalatable woody cores.
- Cut off the greens before storing the beet to prevent the greens from drawing the moisture away from the beet root.



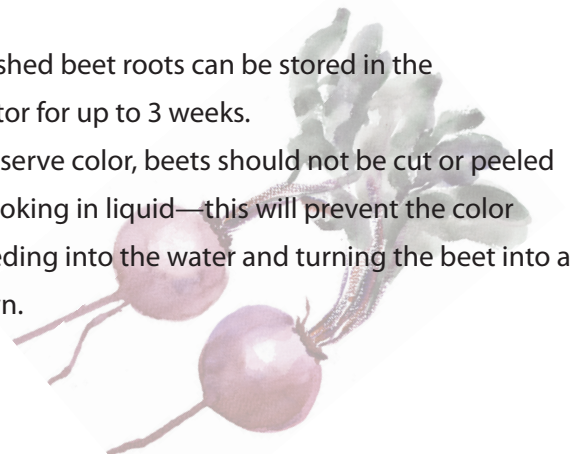
OREGON BEETS GROWN FOR SCHOOLS



HEALTHY, FIT AND READY TO LEARN

- Make eating vegetables fun!
- Let your child help you prepare fruits and vegetables for your family meals by washing, tearing and chopping while you cook.
- Encourage them to sample some of the vegetables raw—they might be surprised by how much they like them uncooked!

- Unwashed beet roots can be stored in the refrigerator for up to 3 weeks.
- To preserve color, beets should not be cut or peeled before cooking in liquid—this will prevent the color from bleeding into the water and turning the beet into a dull brown.





YOUR OREGON KITCHEN

QUICK AND EASY!

RECIPE: *ABC Salad (Apple, Beet, Carrot Salad)*

Ingredients:

- 1 beet, peeled and shredded
- 2 carrots, peeled and shredded
- 1 apple, peeled and shredded
- 1 tablespoon of lemon juice
- 1 tablespoon of apple cider vinegar
- 1 tablespoon olive oil

Directions:

- Mix the shredded beet, carrots, and apple in a salad bowl.
- Add lemon juice, vinegar, and olive oil.
- Toss all of the ingredients with a fork and serve!

- Toss cooked beets with herbed butter.
- Make into borscht, a hearty, traditional Eastern European soup.
- Sauté beet greens with olive oil and garlic.
- Add raw beet wedges to salad.
- Preserve beets by pickling them!

GROWN IN OREGON

- In Oregon, beets are grown to eat and make into sugar.
- In our state, most beets are planted between April and July.
- Plant beets in your garden or in a container in your house next spring!
- Beets grow so well in Oregon that you can get them locally (either fresh or from storage) almost year round!

JUST FOR KIDS

Make your own stamp using a beet root! Have an adult help you carve beets into fun shapes. While the beets are still moist, stamp them onto paper. You can even make your own, personalized stationary using beet stamps. Carve beets of different colors to make variably colored stamps!



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm to School and School Garden Program under Associated Topics.