



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Beet

Lakota: p̣haŋǵí šašá



Pick it!

Select beets
that are smooth,
hard, rounded
and free of cuts
and bruises.

Try it!

Can be eaten
raw, baked,
steamed, roasted
or pickled served
as a condiment.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Beet

In season:



Summer



Lakota: p̣haŋǵí šašá

Pick it!

Beets are usually round with a 1 to 2 ½ inch diameter and deep burgundy color with edible green to burgundy leaves.

Select beets that are smooth, hard, rounded and free of cuts and bruises. Discard overgrown or woody beets.

Trim the greens (leaves) to about 1 inch when storing the root; refrigerate for several weeks. Store the greens separately.

"Thinnings" are beets that are pulled before fully mature and can be eaten raw and whole in salads.



Try it!

Can be eaten raw, baked, steamed, roasted or pickled as a condiment.

Raw or steamed beets are good in salads; medium/large-sized beets are better cooked.

Choose beets similar in size for even cooking.

Peel beets after cooking while wearing disposable gloves to avoid staining your skin.

Beet greens can be used like spinach.



Types of Beets

Red table: Most common

Chioggia: Candy red outside with banded red/white inside and sweet, mellow flavor

Golden: Orange skin with golden yellow inside, sweet mild flavor



Did you know...

Folate and folic acid help protect against heart attack, stroke and the formation of neural tube defects. The nutrient can be found in beets and leafy green vegetables.

Like it!

Beets with Dijon Dressing

Ingredients

- 3 pounds beets
- 4 Tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon Dijon mustard (or yellow prepared mustard)
- ¼ cup orange juice
- 1 teaspoon sugar
- 1 Tablespoon red wine vinegar
- 1 Tablespoon rosemary, chopped

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash, trim and dry beets leaving ½ inch stem and root intact.
3. Put beets in a bowl and add 1 Tablespoon olive oil, the salt and pepper. Toss contents of bowl with clean hands.
4. Arrange beets in a single layer roasting pan. Roast in oven for 45 minutes or until tender.
5. Remove pan and allow to cool.
6. Make dressing while cooling. Whisk mustard, orange juice, sugar and vinegar together. Whisk in 3 Tablespoons of olive oil and the rosemary.
7. Rub skin off beets and cut into quarters.
8. Combine with dressing and let sit for 30 minutes.

Yields 6 servings

Nutrition Facts per Serving:
Calories 200, fat 10g, cholesterol 0mg, carbohydrates 25g Fiber 5, sugar 20g, Protein 4g

Red Beet and Apple Salad

Ingredients

- 1 large or 2 small red beet(s)
- 4 apples
- 1 Tablespoon lemon juice
- 1 Tablespoon honey

Directions

1. Wash the beet and peel if desired. (If peeled, the beet will taste less earthy.)
2. Grate the beet and apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt.
4. Pour the dressing over the mixture of beet and apples. Mix well.
5. Serve chilled.

Yields 8 servings

Nutrition Facts per Serving:
Calories 55, fat 0g, Cholesterol 0mg, Carbohydrates 15g, Fiber 2.5, Sugar 12.5g includes added sugars 2g, Protein 0.5g

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- Select beets that are smooth, hard, rounded and free of cuts and bruises.
- Can be eaten raw, baked, steamed, roasted or pickled as a condiment.
- Trim the greens (leaves) to about 1 inch when storing the root; refrigerate for several weeks. Store the greens separately.
- Choose beets similar in size for even cooking.
- Beet greens can be used like spinach.

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- 1 teaspoon sugar
- 1 Tablespoon red wine vinegar
- 1 Tablespoon rosemary, chopped

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Ingredients

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Directions

1. Wash the beet and peel if desired. (If peeled, the beet will taste less earthy.)
2. Grate the beet and apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt.
4. Pour the dressing over the mixture of beet and apples. Mix well.
5. Serve chilled.

Yields 8 servings

Nutrition Facts per Serving: Calories 55, fat 0g, cholesterol 0mg, Carbohydrates 15g Fiber 2.5, sugar 0g, Protein .5g



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Sampling Display Instructions

Beets with Dijon Dressing

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoon Servings			
Beets, about 2 inches	1 ½ pounds (9-10) or 30 ounces canned	2 pounds (12-13) or 45 ounces canned	3 pounds (18-20) or 60 ounces canned
Olive oil	2 Tablespoons	3 Tablespoons	4 Tablespoons
Salt	½ teaspoon	⅔ teaspoon	1 teaspoon
Black pepper	¼ teaspoon	⅓ teaspoon	½ teaspoon
Dijon or yellow mustard	1 ½ teaspoons	2 teaspoons	1 Tablespoon
Orange juice	2 Tablespoons	2 ½ Tablespoons	¼ cup
Sugar	½ teaspoon	¾ teaspoon	1 teaspoon
Red wine vinegar	1 ½ teaspoons	2 teaspoons	1 Tablespoon
Rosemary, finely chopped	1 ½ teaspoons fresh or ¾ teaspoon dried	2 teaspoons fresh or 1 teaspoon dried	1 Tablespoon fresh or 1 ½ teaspoons dried

Directions:

For raw beets:

1. Preheat oven to 400 degrees F.
2. Wash, trim and dry beets leaving ½ inch stem and root intact.
3. Put beets in a bowl, add oil, salt and pepper. Toss with clean hands.
4. Arrange beets in a single layer on a roasting pan. Roast in oven for 45 minutes or until beets are tender. Cool.
5. Make dressing while beets are cooling.
6. When beets are cool, rub skin off.

Dressing:

1. Whisk mustard, orange juice, sugar and vinegar together. Whisk in olive oil and rosemary.
2. Combine cooled, roasted beets or canned beets with dressing.
3. Let sit for 30 minutes. Serve chilled.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) youtu.be/EvneOFdFpCY



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Prepare Beets with Dijon Dressing. Chill and keep cold.
- Place only a few samples at a time on small plates. Ask parent's permission before children may sample.
- Ask them if they use beets often in their meals. Ask them if they could use this recipe.
- Point out that beets are good either cold as a salad or condiment or hot as a side dish.
- Lakota words translated by Jeshua Estes.

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Sampling Display Instructions

Red Beet and Apple Salad

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons serving			
Red beet, large	1	1	2
Apple	3	4	6
Lemon juice	2 ¼ teaspoons	1 Tablespoon	1 Tablespoon and 1 ½ teaspoons
Honey	2 ¼ teaspoons	1 Tablespoon	1 Tablespoon and 1 ½ teaspoons

Directions:

1. Wash the beet and peel if desired (if you peel the beet it will taste less earthy).
2. Grate the beet and the apples into a large bowl.
3. For the dressing, mix the lemon juice, honey and salt.
4. Pour the dressing over the grated beet and apples. Mix well.
5. Served chilled.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
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- Recipe video (optional) youtube.com/playlist?list=PLlIdDb7lZYqIWYg_nH3tCtQgNv0DcsstO



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Prepare Red Beet and Apple Salad. Chill and keep cold.
- Place only a few samples out at a time on small plates. Ask parent's permission before children may sample.
- Ask them if they use beets often in their meals. Ask them if they could use this recipe.
- Point out that beets are good either cold as a salad or condiment or hot as a side dish.
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