



## Nutrition Notes: February 2016: Harvest of the Month- Beets and Rutabagas!

# Beets & Rutabagas

### Kid-Friendly Eating Tips

- Try pickling thinly-sliced beets!
- Grated raw beets are an excellent addition to a salad; beet greens can be treated like spinach or chard: sauté or use for a salad.
- Purée rutabaga on its own, with a bit of parmesan or add it to mashed potatoes and/or carrots.
- Rutabagas are a great addition to soups or stews and make a great soufflé.
- Cube and roast beets and rutabagas, with olive oil and your choice of herbs or with a honey or maple syrup glaze.

### Benefits

- Beet leaves are an excellent source of potassium and a good source of vitamin B9 (folic acid) and the mineral magnesium. Beet roots are an excellent source of vitamin A and the mineral potassium; they are a good source of vitamin C, B2 (riboflavin) and magnesium.
- Rutabagas are an excellent source of the mineral potassium and a good source of vitamin C.

### Fun Facts

- Betanin is the pigment that gives beets their deep purple-red color; it is known for its cancer-fighting properties.
- Beets can serve as a substitute for coffee: finely slice, dry, roast and grind into a powder!
- The English name rutabaga is derived from the Swedish term for the vegetable: *rotabaggar*.

### Cooking Tips

If you scrub these root vegetables vigorously, you don't need to peel them.

If you have waxed rutabagas, remove the wax with your fingers and/or a knife; if wax remains, scrub under hot water.

Allow 30-60 minutes to boil or steam beets and rutabagas, depending on size; when the root vegetables are fully cooked, you can easily remove their skins and pierce a fork through them.

Peeling and chopping before boiling or steaming cuts down on the cooking time, although adds more prep time.

- Baking or roasting beets and rutabagas best preserves their flavor.
- Rutabagas can replace turnips in most recipes.

### Varieties of Beets & Rutabagas:



Detroit Dark Red



Early Wonder Tall Top



Forono



Chioggia



Touchstone Gold



Joan Rutabaga