

KEWEENAW GROWN FOOD

BEETS



PEAK SEASON
Mid-to-late summer.

HOW TO SELECT & STORE

Choose beets with firm, smooth skins and non-wilted leaves (if still attached).

Remove leaves, leaving about an inch of the stems. Use leaves as greens - raw or cooked. Store roots in a plastic bag in refrigerator for up to three weeks. Wash before cooking.

HEALTH BENEFITS

One cup of cooked beets is rich in folate, potassium and fiber. You can also eat the greens of beets, and they are packed with nutrients! One cup of cooked beet greens is an excellent source of vitamins A and K, potassium and magnesium. Beets are considered to have a high nitrate content compared to other vegetables. Some research suggests that this type of nitrate may contribute to improved heart health. Some research suggests beet juice may improve athletic performance as well.

WAYS TO USE

Savory - Beets that are roasted in olive oil taste exceptionally sweet, almost like candy! Beets can also be steamed and blended as a puree to add to dips like hummus. Try replacing shredded zucchini or carrots with shredded beets in a quick bread, veggie burgers and pancakes. If beets are too earthy of a flavor, consider substituting only half the vegetables.

Sweet - Puree and add to chocolate cake batter.



PHFoundation

KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD