



BEETS & RUTABAGA

AT HOME

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods. Learn more at: www.nhharvestofthemoth.org

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.
- Cube and roast beets and rutabagas, with olive oil and your choice of herbs or with a honey or maple syrup glaze

Cooking Tips

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

Tidbit

Beets and rutabagas are fleshy roots that store well in the winter. Beets come in an array of colors, from golden yellow and deep purple, to red and white striped. These roots can be eaten raw or cooked: grate them for a fresh salad, or glaze them with a balsamic-honey blend and roast.

Storage Tips

- De-stemmed beets and rutabagas will keep for 2-4 weeks in the refrigerator.
- Buried in sand and/or placed in a cellar, they'll keep for months.
- Waxing rutabagas lengthens their shelf life.
- Unwashed greens, stored in a perforated plastic bag, will last 3-5 days in the refrigerator.
- To freeze: Blanch for 2 minutes or cook and purée, then place in a labeled and dated freezer-grade bag.

RECIPES

Grated Beet & Carrot Salad

Yield: 6 to 8 servings

Salad Ingredients:

- 1 lb. beets
- 1 lb. carrot

Honey-Ginger

Dressing Ingredients:

- ½ Tbsp. grated fresh ginger
or ¼ tsp. dried ginger
- 2 Tbsp. honey
- 2 Tbsp. orange juice
- 2 Tbsp. lemon juice
- 2 Tbsp. olive oil

Directions:

1. Clean and grate vegetables, keeping beets separate. There is no need to peel, just scrub! To save time, shred the vegetables using a food processor.
2. Mix together dressing ingredients.
3. Add dressing to vegetables.
4. Mix in beets last.
5. Before serving, let sit one hour at room temperature, or in the refrigerator.

Source: VT FEED "A Guide for Using Local Food in Schools", edited by GMFTS.

Mashed Rutabaga-Parmesan

Yield: 6 to 8 servings

Ingredients:

- 1 lb. rutabagas
- 1 lb. potatoes
- 2 Tbsp. butter
- ¼ cup heavy cream
- ¼ to ½ cup grated parmesan cheese
- 1 clove raw garlic, minced
- salt and pepper, to taste

Directions:

1. Peel and chop rutabagas into chunks and toss into a pot of boiling water. Cook for about 20 minutes, until easily pierced with a fork.
2. Drain, return to pot, and add butter, stirring to coat and melt.
3. Mash with a fork or potato masher.
4. Mix in cream and parmesan, and salt and pepper to taste.
5. Serve hot (reheat if necessary).

Source: www.stetted.com, edited by GMFTS.