

# HARVEST OF THE MONTH: BEETS



## NUTRITION FUN FACTS:

- Cooked and raw beets are both a great source of folate and manganese.
- Beet greens are also edible, and they are super nutritious! They are an excellent source of vitamin K, vitamin A, and vitamin C. They're also a good source of vitamin B2, also called riboflavin.

## Fun snack ideas!

### HOW TO EAT BEETS:

1. Roast beets alone or with other root veggies, like carrots and potatoes, and your favorite spices!
2. Try canned or pickled beets for an easy alternative to fresh!
3. Sauté beet greens with chopped onion and garlic.

## Pick the yummiest!

### THINGS TO LOOK FOR:

1. Look for smooth, hard, and round beets that are free of cuts and bruises.
2. Choose fresh beets with green tops still attached. The greens should look healthy, not wilted or brown.
3. Remove greens and store separately from beets.

## BEST TIME TO EAT:

MAY - JUNE;  
OCTOBER -  
DECEMBER



UNC Center for Health Promotion and Disease Prevention

# RECIPE: UN-BEET-ABLE BERRY SMOOTHIE

## DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.
4. Refrigerate or freeze leftovers within two hours.

<https://foodhero.org/recipes/un-beet-able-berry-smoothie>

## INGREDIENTS

Makes 4 servings:

- 1 cup pineapple juice
- 1 cup low-fat plain or vanilla yogurt
- 1 1/2 cups fresh or frozen berries, any type
- 1/2 cup beets, cooked
- 1 small frozen banana

# ACTIVITY: BASHFUL BEETS

Beets are a root vegetable packed with nutrients to help keep your body healthy, especially your stomach and brain! Beets come in different colors, most commonly red, purple, and gold.

Bella the Beet is looking for her friends in the forest below. Can you help her find all 5 of her friends?



Bella



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