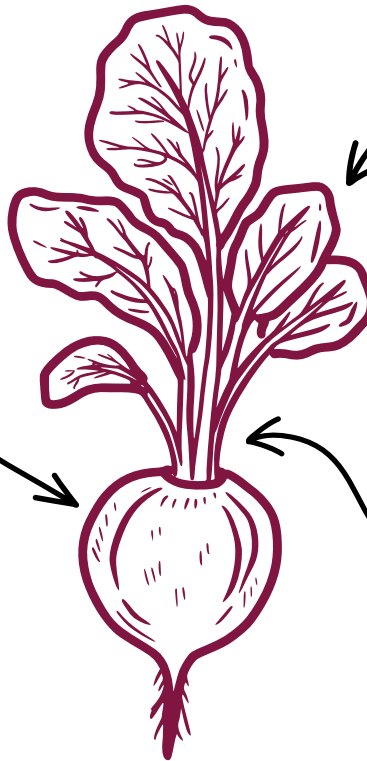


BEETS

WHAT PARTS CAN I EAT AND HOW?

ROOT (BULB)

- Roasted or sautéed as a side dish
- Raw, in salads or a pickle. Try shredding or peeling ribbons!
- Cooked in soups or stews
- Cooked and blended in a hummus or smoothie



LEAVES

- Sautéed as a side dish or in a dip
- Raw, in salads or a smoothie

STALK

- Sautéed as a side dish
- Raw, shredded in a salad

WHEN IS IT IN SEASON?



Beet roots are available year round, and should be a winter staple like carrots and potatoes. Beets with leaf are at their best from **June through October**, in Quebec.

STORAGE



Clipping the tops off beets will keep them fresher, longer. Leave at least 1-inch of stem on each beet, and store the greens separately (wrapped in plastic and or a reusable bag and stored in the crisper drawer). Beet greens also freeze well!

BEET MUTABAL

SERVES 4

INGREDIENTS:

- 2 beetroot, peeled and cut into wedges
- 1/3 cup tahini
- 2 tablespoons olive oil
- 4 cloves garlic
- 2 tablespoons lemon juice
- 1/4 cup plain yogurt
- Salt and pepper, to taste



INSTRUCTIONS:

1. Preheat the oven to 400°F. Roast beets until soft, about 20 minutes.
2. Add cooked beets to a blender. Add tahini, olive oil, garlic, lemon juice, yogurt, salt and pepper and blend until smooth.
3. Transfer to a bowl and drizzle with olive oil and garnish with coriander, if desired.

This recipe is a great way to use beets for a snack with a vibrant colour! Serve with pita or your favourite veggies like carrot sticks or cucumbers.

BORSCHT

SERVES 4

INGREDIENTS:

- 3 medium beets, peeled and cut in 1/2" cubes
- 1 large onion, diced
- 1 large carrot, diced
- 2-3 medium potatoes, peeled and diced
- 1 tomato, diced
- 1 tbsp. tomato paste
- 1 tbsp. vinegar of choice
- 3.5-4 L of water (or broth of choice)
- Salt and pepper, to taste

INSTRUCTIONS:

1. In a saucepan over medium heat, brown the onion in the oil. Add the remaining ingredients. Season with salt and pepper. Bring to a boil. Reduce the heat and simmer, covered, until the vegetables are tender (25 to 40 min: beets will take the longest).
2. Taste and adjust seasoning. Serve with favorite garnishes.

Recipe from Guest Chef Natalia

Borscht is often served with sour cream and chopped herbs (dill, parsley, chives). You can also add cubed beef when making broth or a boiled egg at the end.