



TURNIP the BEET with... Golden Beets

FIND LOCAL GOLDEN BEETS IN ARIZONA:

Golden beet season in Arizona runs from April through September.

Duncan Family Farms Located in Litchfield Park, Arizona

Ocotillo Farms: Located in San Tan Valley, Arizona

Aguiar Family Farms: Located in Paulden, Arizona



To ensure food safety with **fresh produce** always thoroughly wash under running water immediately before cutting and eating.

TEACH

HARVEST FACTS ABOUT BEETS

- Beets are root vegetables and have a sweeter taste than many other vegetables.
- Golden beets should be round and firm, with smooth skin and a deep golden color.
- Cooked beets can be frozen. Store them in airtight containers, and be sure to label and date them.
- You can eat the whole plant! Ancient Romans and Greeks primarily ate the leafy green parts of the beet plant.
- Golden beets are a hybrid variety and have a more distinct flavor than red beets.

TASTE

RECIPE:

Roasted Golden Beets

Are you operating a Summer Meals Program and serving outstanding recipes that include items like beets?



Apply for USDA's [Turnip the Beet Award](#) for high quality summer meals!!



QUICK MATH: Beets



One Pound Fresh, Raw, Golden Beets (AP) (without tops) provides approximately:
11.5, $\frac{1}{4}$ cup servings raw, pared vegetable sticks

7.5, $\frac{1}{4}$ cup servings, sliced, cooked vegetable

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