



**LEARN**

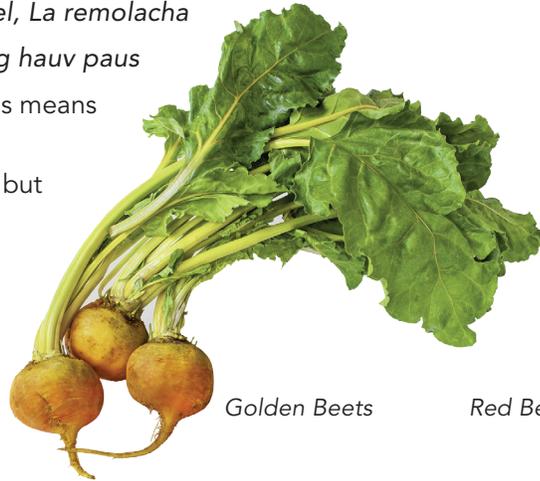


**facts**

- Spanish translation: *El betabel, La remolacha*
- Hmong translation: *Zaub ntug hauv paus*
- Beets are root vegetables. This means they grow underground.
- Red beets are most common, but they can also be pink, purple, white, and yellow.



Chioggia Beets



Golden Beets



Red Beets

**EAT**



**nutrition & seasonality**

- Beets have vitamin C. Vitamin C helps keep us healthy by supporting our immune system.
- Share with children: Vitamin C helps our bodies fight sickness.
- Fresh beets grown in Wisconsin are available from June through October.



**TASTE**

**taste testing**



Nutritious,  
Delicious,  
Wisconsin!

We can eat beets roasted, steamed, raw, or pickled. Allow children to try beets prepared a couple different ways. You can grate raw beets, roast sliced beets (drizzle with oil and bake at 400°F for 30-40 minutes until tender), or boil beets in water on the stove and peel them. Beets also come in different colors! Try golden beets or chioggia beets (these have stripes inside!). Ask children what the beets taste like. Are they soft, smooth, crunchy, sweet, or salty?



## FUN



### activity: Beet Stamping

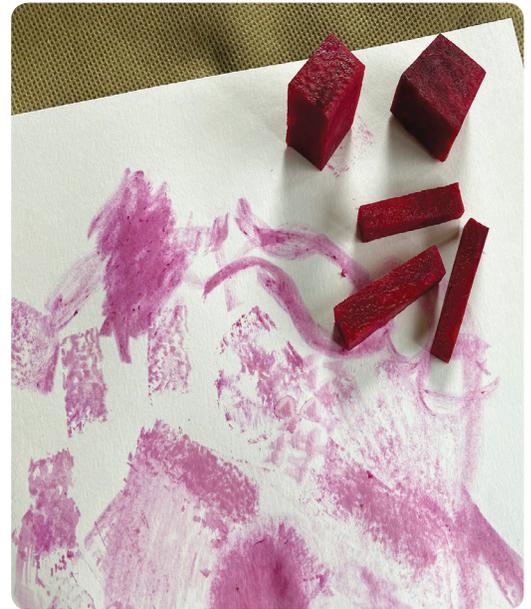
**Red beets** can stain hands, faces, clothing, and paper! It's no wonder they have been used as a natural clothing dye. On a day when you are serving beets, save the cut off tops to use in a stamping activity. Allow children to stamp beet tops on the paper.

**Talk** with children about what they are seeing, smelling, and feeling.

**Help** children wash hands, using lemon juice if needed. Explain that lemon can help remove beet stains on their fingers.

— Adapted from: *Harvest for Healthy Kids*

**Share pictures** and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



## READ



### books

- *Up, Down, and Around* by Katherine Ayres
- *Tops and Bottoms* by Janet Stevens
- *The Farmer and the Beet* by Jeremy David
- *Gathering the Sun* by Alma Flor Ada
- *Oliver's Vegetables* by Vivian French



### planting

Beets are tolerant to frost and can be planted in the spring, four weeks before the last frost. Plant seeds about ½ inch deep and one inch apart. Space rows 12-18 inches apart. Once the seedlings sprout, thin to 3 inches between seedlings. Beet seeds prefer cool and moist conditions, so remember to water your seeds regularly.

### harvesting

Harvest beets when they are between 1-3 inches in diameter. Beets larger than 3 inches may be tough and fibrous. Remove greens before storing beets in the refrigerator. Remember, you can eat the beet greens too!