

Beets

- Remove tops, cook until tender (90 min. at 325 degrees) chill, peel and slice. Boil greens for 1-2 min.
- Greens can be eaten raw, steamed or sautéed, bulb can be pickled, roasted, pureed into soups & sauces, or enjoyed in salads.
- Take your time eating (within 2 weeks-1 month)

Storage: refrigerate root in airtight bag for 1-2 weeks or freeze uncooked or cooked. Trim greens and keep in plastic bag in fridge (up to 3 days) or blanch and freeze.

