



BROWN BAG LUNCH IN THE GARDEN

July 1, 2011—Beets

This Week's Recipe:

Choose Your Own Adventure Roasted Beet Salad

- 1 lb. beets, roasted, peeled, and sliced or cubed
- Salad greens (lettuce, spinach, arugula, etc)
- Fruit of your choice—sliced or cubed
 - Oranges, peaches, mango, apples, pears
 - Dried apricots, cherries, cranberries
- Nuts of your choice
 - Walnuts, pecans, almonds, pistachios, macadamia nuts, others
- Cheese of your choice
 - Feta, goat cheese, blue cheese, Swiss cheese, others?
- Protein (if desired)
 - Chicken, steak, chickpeas, mushrooms, bacon
- Other items
 - Avocado, celery, radish, onion, cucumber
- Dressing
 - Store bought
 - Oil & vinegar with herbs
 - Oil & citrus juice with herbs

Mix ingredients and serve!

Harvesting & Storing Beets

- Beets can be harvested at almost any size.
- Trim tops to 2" and leave root on.
- Last in refrigerator for several weeks.
- Try red, gold, white, and candy stripe varieties for a different look and flavor.

Beets are easy to use—once they are cooked! Try roasting and peeling a bunch at once, and then eat them over the next week.

Other Points of Interest in the Garden:

- Trellised vines are growing like crazy!
- Appropriate watering is a challenge in the heat.
- Okra is growing well.
- Peppers are looking great!

Coming Next Week—Swiss Chard

<http://thedemogarden.org>

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Baked Beets

1 pound fresh beets, stems on
1 tablespoon butter, optional
Salt & pepper

Wash beets well, cut off all but about 1/2 inch of stems. If desired, peel. Wrap in foil and bake at 400F for 60 - 90 minutes or until knife can be easily inserted into center. Remove from oven, peel, chop roughly and toss with butter, salt and pepper.

Pickled Beet Smoothie

1 cup buttermilk or skim milk
about 1/2 cup pickled beets (such as 5 Swedish Pickled Beets or Aunt Nellie's Pickled Beets sold in stores)

Process in a blender until smooth. That's it!

Beet & Mango Smoothie

1 mango, cubed (about 4 – 5 ounces)
1 cup low-fat goat milk (or skim milk)
3 small canned beets (about 3 ounces)
Juice of a fresh lime, about 1 tablespoon

Mix the mango, milk, beets and lime juice in a blender or food processor. Serve and enjoy!

Beet Roesti with Rosemary

1 tablespoon butter
1 pound beets, peeled and grated
2 tablespoons flour
1 teaspoon kosher salt
1 teaspoon fresh rosemary, chopped

Melt butter in large skillet over medium high until just starting to brown. Mix remaining ingredients in medium bowl, combining well. Transfer to skillet in four piles. Use spatula to shape round patties from each pile, flatten until quite thin. Let cook about 5 minutes, pressing occasionally, until bottom is crisp. Turn over and repeat. Serve immediately topped with dollops of sour cream and additional chopped rosemary.

Beet & Orange Salad

1 pound cooked beets (baked or roasted), chopped or sliced
1 tablespoon olive oil
Zest from an orange
Sections from 1-2 oranges
1 tablespoon lime juice
1 chipotle pepper plus its juices
Salt and pepper to taste

Combine all the ingredients in a medium bowl. Enjoy!

Borscht

6 generous 1-cup servings
2 tablespoons butter
4 medium beets, peeled, grated (about 4 cups)
1 teaspoon salt
4 tablespoons flour
2 tablespoons vinegar
1 small red cabbage, shredded (about 3 cups)
2 carrots, peeled, grated (about 1 cup)
1 bay leaf
1 clove garlic
1 tablespoon sugar
8 cups meat broth
1/4 pound spicy sausage (such as andouille), optional
4 tablespoons sour cream, optional

Heat butter in four-quart kettle. Add beets. Cook until soft and almost brown. Add salt, flour and vinegar. Add cabbage, carrots, bay leaf, garlic, sugar and broth. Simmer at least 2 hours. Add water if too much liquid evaporates.

Close to serving time, cook sausage in boiling water until fully cooked. Drain and slice. Place soup in bowls and top with sausage and sour cream.