

Beet Greens



Beet greens are actually grown as part of Yuma County's baby leaf production for the bagged salad industry. However, buying beets with the "greens" or tops attached and you are actually getting a two for one sale! You can eat the greens and the beet roots separately or combine them in a meal.

When people say "beets" they are usually talking of the beet roots, but, the greens are quite nutritious and you can juice them or sauté them or cook them as you would any other green.

Beet Roots can be simmered in stews, used uncooked and shredded on salads, or juiced (in moderation - they are potent!); they can be steamed, roasted (with rosemary and olive oil!), boiled, and braised. Reduce the "sauce" for a delicious sweet flavor or as a natural food coloring! You can even use the sauce in desserts! Varieties come in red, gold, white, and red & white striped called the candy cane variety.

Beets are easy to prepare and sweet and wonderful to eat. Cook beets whole in some orange juice and water and then use the sauce as a salad dressing mixed with some olive oil. They are even sweeter when roasted whole with the skin, about an hour depending on the size. They can be served as a side dish warm with a little salt and olive oil, or use them in a salad with oranges and red onions, or shred them over salad greens, as some do with raw beets.

Beet greens pair nicely with feta cheese and nuts - especially walnuts or hazelnuts. Olive oil or walnut oil, vinegar (balsamic or red wine), and orange juice are always nice as a dressing, as do the additions of orange zest, dill, black pepper, and coarse salt, and of course your favorite dressing.

Good-quality beet greens will have dark-green colored leaves with rich red veins and fairly long, upright stalks. Avoid beet greens with leaves that are wilted, yellowing or have dark green patches of slime on parts of the leaves.

In the same family as chard, beet greens are delicious used as a cooking green when they are young and tender. Beet greens work great in any recipe calling for spinach, chard, sorrel, or kale.

Beet greens are best used fresh, as their integrity will diminish rapidly. To maintain firmness of beet roots, cut off leaves and stems 1½ inches about root crown. Wash well and spin dry. Store in a plastic bag and refrigerate in the hydrator drawer.

Beet greens are simply the leafy portion of a beet plant. These tender greens are high in dietary fiber and are high in antioxidants A, C and E. Beet greens provide a good source of protein and are cholesterol free. Fortunately, they are delicious too, if they are picked and cooked at the right time.

Baby leaf salads are gaining in popularity over traditional whole head lettuce salads in response to consumer demand for greater variety and convenience in their diet. Baby lettuce leaves are mixed, washed and packaged as whole leaves, with a shelf-life of approximately 10 to 15 days

To ensure consistent high quality, freshly harvested salad greens are rapidly cooled to about 35°F in a vacuum cooler immediately upon reaching a salad plant for processing.

A key focus of all fresh produce includes locking in nutrients, maximizing food and consumer safety, and delivering optimum freshness and taste. One of the major ways to achieve this is through the use of leading edge breathable packaging – which is custom designed utilizing sophisticated computer modeling to match the respiration, ethylene sensitivity and expected

outside storage temperature and humidity of the intended packaged produce. The resulting film structure manipulates the amount of oxygen and carbon dioxide contained within the packaging, and thus enables the leafy greens to live longer by delaying the ripening process and reducing ethylene production.

To further guard against the contamination of mechanically harvested crops, Yuma based baby leaf salad operations operate a closed loop system with our packing, ensuring that the harvested product never touches the ground at any time.

Capable of harvesting over 2-ton of beet greens and other baby leaf varieties per hour, mechanical harvesters maximize harvest capacity, time and efficiency.

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