



# Thought Foodness



**Featuring**  
**Beets**

WEST VIRGINIA HARVEST™





Did You Know?

# Beets

## Where I grow best:

Beets can grow in many different places! In cooler areas, it's best to plant them about a month before the last frost in spring when the soil is at least 50°F. Beets like cool weather but still need 6 hours of sunlight to grow well. They also need good soil that drains easily. If the soil is heavy or shallow, it's better to plant smaller, round beets.

## My Nutritional Superpowers include:

Beets are packed with nutrients and have many health benefits. They can help keep your brain, heart, and digestive system healthy. Beets are a great food to add to a balanced diet because they can boost athletic performance, reduce inflammation, and may even help slow down cancer cell growth. They're a superfood for your body!

## I taste great in meals like:

Beet Salad with Walnuts and Goat Cheese, Beet, Ginger and Red Cabbage Soup, and Roasted Beets.

You can find fresh **Beets** at **Grocery Stores and Walmart** in West Virginia!



  
**Thought  
Foodness**

TM

WEST VIRGINIA HARVEST™





# Recipe Spotlight

## Roasted Beets

Here is an easy way to try today's produce item in a meal at home!\*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

### How to make it:

1. Ask an adult to preheat the oven to 375°F.
2. Wash the beets and cut off the tops and bottoms. Slice them in half.
3. Mix the beets with olive oil, salt, and pepper.
4. Wrap the beets in foil or put them in a dish with a lid.
5. Bake for 1 hour until they're soft when poked with a fork.
6. Let the beets cool, then use a paper towel to rub off the skins.
7. Eat and enjoy! Warm with butter or cold in a salad

### What you will need:

- Beets (as many as you want!)
- 1-2 spoonfuls of olive oil
- A sprinkle of salt and pepper



\*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.

  
**Thought  
Foodness**

TM

WEST VIRGINIA HARVEST™



Harvest a healthier you!



WEST VIRGINIA HARVEST™

There's more to discover at [wvharvest.com/thoughtfoodness](http://wvharvest.com/thoughtfoodness)

