

# BEETS

ARIZONA HARVEST SCHEDULE	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	✗	✗	✗								✗	✗



Connect with Local Producers!  
**SCHOOL INTEREST FORM**

## FIND BEETS IN ARIZONA

- Farms to get the local produce:
  - Duncan Family Farms: Goodyear, AZ
  - Blue Sky Organic Farms: Litchfield Park, AZ
- Arizona Harvest Months:
  - The best time to plant beets in Arizona is during the cooler months, from October to March.
  - Beets prefer temperatures between 50-70°F, making the fall, winter, and early spring the best time to plant in Arizona.
  - *Beets are typically ready to harvest within 50 to 70 days after planting.*

## ARIZONA HARVEST FACTS

- Several beet varieties are well-suited to Arizona's climate, each with its own flavor, color, and growth characteristics. Here are a few popular types:
- Golden Beets: These beets have a mild, sweet flavor and don't stain like red beets. They thrive in cooler weather and mature in 50-60 days.
- Chioggia Beets: This Italian variety has red and white striped roots and a milder flavor. They mature quickly, in about 50-55 days.
- Beetroot is high in folate, is a good source of Vitamin C, and contains significant amounts of potassium and manganese.
- Beet greens are loaded with Vitamin K and are a good source of Vitamin A



## LOCAL RECIPE: Best Beet Hummus

- Beets are not only a nutritious vegetable but also a popular source of natural food coloring, thanks to their vibrant red pigment, known as **betalain**.
- **Betalain** is a pigment that provides a range of hues from deep red to purple, making beets an excellent alternative to synthetic dyes in various culinary applications

## QUICK MATH: BEETS



### ONE POUND FRESH BEETS

11.5, ¼ cups,  
FRESH,  
paired sticks

7.5, ¼ cups  
COOKED,  
Diced

7.5, ¼ cups  
COOKED,  
Sliced

The **Turnip the Beet** Award recognizes outstanding summer meal program sponsors across the nation who work hard to offer high quality meals to children that are appetizing, appealing, and nutritious during the summer months.

