

GROWING PLACES

BEETS

Photo Credit: Robert Couse Baker

BEET AND APPLE SALAD

(adapted from Food Network Kitchen's recipe)

INGREDIENTS

- 2 apples, thinly sliced
- 4 celery stalks, with leaves, thinly sliced
- 1 shallot, minced
- 2 tablespoons lemon juice (about 1 lemon)
- 1 cooked beet, peeled and sliced into matchsticks
- 1 teaspoon sugar
- 3 tablespoons walnuts, chopped
- 3 tablespoons olive oil
- Salt and pepper
- Endive

METHOD

After the slicing and juicing is done, this recipe requires little more than tossing the ingredients together.

Begin by tossing the apples, celery, and shallot in a bowl with the lemon juice. Then add the beet matchsticks, sugar, walnuts, olive oil, salt and pepper. Let the mixture sit 10 minutes, allowing the flavors to mingle, and then serve on a bed of sliced endive.

Not a fan of endive? Try it spooned over your favorite salad greens instead, or use cooked grain, like quinoa, brown rice or farro to take this salad from side dish to main meal. Enjoy!

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ROASTED ROOT

Like most root vegetables, beets roast well, getting sweeter as they cook and developing a more concentrated flavor. Preheat an oven to 400° F while you trim the beets of their greens and scrub them thoroughly. Wrap each beet in foil and arrange on a baking sheet to catch any

juices that might leak out. Roast 50-60 minutes, checking on them a couple times to see if they look dry or are scorching. Add a dribble of water to the foil packet of any that do. Once done, let the beets cool enough to handle and then use a paper towel to peel away the skins, which should come away easily. They'll keep in the refrigerator up to a week.