

# BEETS

**To store:** If your beets still have greens attached, cut them off, leaving an inch of stem. Keep the greens unwashed and refrigerated in a closed plastic bag. Store the beet roots, with the rootlets (or "tails") attached, unwashed, in a plastic bag in the crisper bin of your refrigerator. They will keep for several weeks, but their sweetness diminishes with time. So try to use them within a week.

**To prep:** Just before cooking, scrub beets well and remove any scraggly leaves and rootlets. If your recipe calls for raw beets, peel them with a knife or a veggie peeler, then grate or cut them according to the recipe. To remove the skins, you can roast them in foil or boil them, and the peels will eventually come right off.

**To cook:** Beets are delicious grated raw into a salad. Or slice them into finger-size sticks and eat raw with dip. Cube beets into a veggie stew. Serve sliced, steamed beets at room temperature tossed in olive oil with a dash of salt and pepper, or a simple vinaigrette. Bake beets in a foil-covered roasting pan with 1/2 cup water at 400 degrees. Or boil them, until easily pierced with a sharp knife. Both methods take 45 minutes to 1 hour. Peels should slide right off. Season with butter, salt, and pepper, or with cream and chopped fresh herbs; or with a vinaigrette.

**To freeze:** Wash and cook beets as described above. Cool them in ice water or let them come to room temperature. The peels should slide right off. Trim the beets into 1/4 inch slices or keep them whole (if they are small). Place in Ziplock freezer bag and remove as much air as possible. Seal and freeze.