

# Beets



## Storage

Store unwashed in a refrigerator crisper drawer for about three weeks. Cut most of the greens and their stems from the roots. Leave two inches of the stem on, and store the unwashed greens in a plastic bag for up to four days.

## Nutrition

Beets are very beneficial for overall health. They have antioxidant and anti-inflammatory benefits which help to support the nervous system, support cardiovascular health, and help reduce the risk and impact of diabetes.

## Preparation

Wash beets gently, scrubbing with a soft brush, careful not to break the skin. Beets are best baked, roasted, or steamed.

