

Easy Quick Pickled Beets

by Brenda Score, A Farmgirl's Dabbles

Ingredients

- 3 cups cooked beets
- 1 cup apple cider vinegar
- 1 cup water
- 1 tablespoon kosher salt
- ¾ teaspoon mustard seeds
- ¾ teaspoon black peppercorns
- 3 tablespoons sugar

Instructions

1. Chop beets into 1 inch cubes and put them into one of more containers with extra room.
2. In a small saucepan over medium heat, combine the vinegar, water, sugar, salt, mustard seeds, and peppercorns. Bring to a boil and cook until sugar and salt dissolve.
3. Pour the brine over the beets, making sure to cover them completely. Let cool to room temperature.
4. Seal the container and place it in the fridge to chill. Wait until completely chilled to serve.

Healthy Beet Recipes





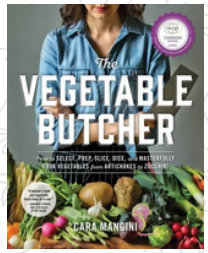
eatingwell.com/recipes/19290/ingredients/vegetables/beets

Books

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Golden Gate Gardening by Pam Peirce

EatingWell Vegetables

The Vegetable Butcher by Cara Mangini

California Fruit & Vegetable Gardening
by Claire Splan

California Month-by-month Gardening
by Claire Splan

California Master Gardener Handbook
edited by Dennis Pittenger

California Gardener's Handbook
by Bruce and Sharon Asakawa

Help & Tips

US Master Gardeners of Santa Clara County
ucanr.edu/site/uc-master-gardeners-santa-clara-county

The Complete Guide to Growing Beets from Seed to Harvest
gardenary.com/blog/the-complete-guide-to-growing-beets-from-seed-to-harvest

GOLDEN DETROIT BEETS



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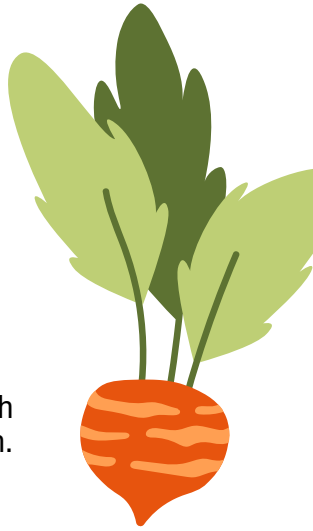
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with Joan Cloutier, UCCE Master Gardener Volunteer

GOLDEN DETROIT BEETS

- Beets were first grown from sea beets in the Mediterranean by ancient Romans and Greeks, and are closely related to chard, amaranth, and spinach.
- The entire beet plant is edible, including the leaves. Beet roots and greens can be prepared and eaten in many different ways, including: boiling, roasting, frying, pickling, and more.
- Most beet seeds are “multigerm” seeds, meaning that they contain multiple seeds.
- Golden beets get their color from betaxanthin, a natural pigment and antioxidant.
- Compared to red beets, golden beets are sweeter and less earthy-tasting, don’t stain, and tend to have thinner skin.

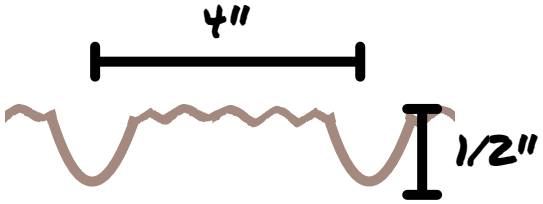
HOW TO GROW BEETS



1 PREPARE THE SOIL

Beets can be planted year-round in Santa Clara County, but it’s best to avoid the hottest months. They can be planted outdoors in loose soil or potting mix, in the ground or in containers at least 12" deep. Avoid soil with rocks and other debris as they can get in the way of the beet root’s growth. Incorporating compost or fertilizer can help grow bigger, tastier beets. Make sure there’s enough space to plant the seeds 4" apart.

2 PLANT THE SEEDS



Soak the beet seeds in water for 24 hours. Moisten the soil and make 1/2" deep holes, 4" apart. Place one seed in each hole and cover with loose soil. Gently water the soil until wet. Continue watering daily, keeping the soil wet until sprouts appear, around 2-3 weeks after planting.

3 THIN THE SPROUTS

Once sprouts grow to about 1-2 inches, you will need to thin them to give the beets enough room to grow. Use scissors to cut the smallest sprouts, leaving at least 4" between each remaining sprout. Stop watering daily. Instead, water thoroughly when the soil is dry.



Beets that have been left to grow for too long can “bolt”, or grow a seed shoot.

If this happens, the beets may not be as tasty, but the seeds can be saved for future planting!

4 HARVEST THE BEETS

Beets can be harvested as soon as they reach your desired size, around 60-90 days after planting. Gently remove beets by moistening and loosening the soil around the beet, then pulling from the base of its leaves.