



# The Best of Beets

## THE ORGANIC BOX NEWS

Issue #68, October 19th, 2011

We plan to continue supplying as much local food as we possibly can for as long as we can! We have some winter storage in the works, and are hopeful that we can continue to supply some hearty local crops all the way throughout the later fall, and winter months. We are fortunate to still be receiving quite a bit from our local producers.

This weeks newsletter features the beet, which came from Peas on Earth, St. Albert AB.

By choosing to buy local, the producer receives a higher percentage of your food dollar, and the money is then circulated within our communities, strengthening our local economies. Furthermore, you are lessening green house gas emissions because the food travels far fewer miles to reach your home.

Thanks for supporting your local producers first!



**Beets:** High in folic acid, potassium, calcium and antioxidants, leafy beet greens are very nutritious and can be used for juicing or cooking.

In fact the beet tops are more nutritious than the roots, with more iron, vitamin A, potassium and calcium. Beet juice is rich in natural sugar, sodium, sulphur, chlorine, iodine, copper and vitamins B1, B2, C, and bioflavonoids.

Some holistic practitioners believe that beet juice combined with other juices like carrot and cucumber are excellent for cleansing the kidneys and gallbladder and for restoring health to these organs. Beet, being a fibrous root, is also excellent for aiding in and eliminating constipation. Fresh raw beets are nutritionally superior to canned or even fresh cooked beets. They are delicious pickled, baked, or in soups and salads!



## Potato Red Beet Gratin with Goat Cheese

<http://astackofdishes.blogspot.com/>

2 medium red beets,  
peeled  
2 medium potatoes,  
peeled  
1 clove garlic, rough  
chopped  
2oz goat cheese, chevre  
fresh thyme leaves  
3/4 c milk  
Salt and Pepper (S & P)  
to taste



Oven at 350° First prepare the dish by greasing it up with some oil. On a mandoline slice the potatoes into very thin slices. Layer half of them along the bottom of the dish interspersing thyme, s & p. Then on the same setting slice up the raw beets and layer them on top of the potatoes, trying to keep an even layer and not allowing them to pile too much in the center. Finish off the dish with the rest of the potatoes, thyme and seasoning.

In the blender place the goat cheese, milk and garlic and give it a healthy whiz. Carefully, allowing the liquid to seep around the slices, pour the milk mixture to the rim.

Put it in the oven with a light cover of foil to start out with. After about 40 mins, remove the foil and bake for another 20 mins or so until the top is browned and the juices have been absorbed into the potatoe. A fork should be able to pierce through the center to confirm doneness.

After removing it from the oven let it sit for about 20 mins, then turn it out onto a dish by flipping it over.

**Purple Beet Smoothie suggestion:** Add a chopped raw beet to your smoothie recipe to turn it purple – great for the kids!

**Substitute Beets for Potatoes:** Chop and boil beets just like you would potatoes; add butter, salt and pepper for a pale purple side dish.