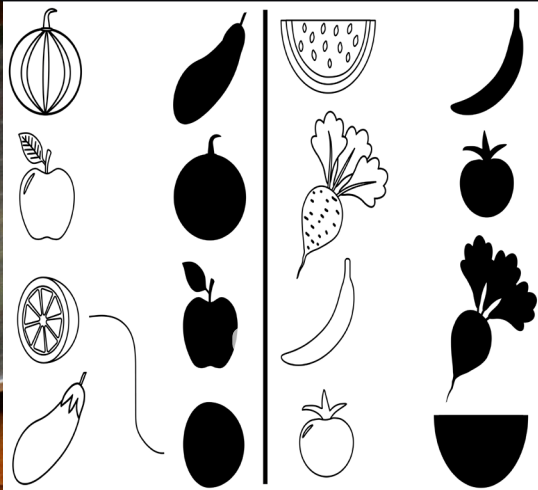


Visit the cafeteria on  
**Local Harvest Day**  
**MARCH 22**  
and receive a free sample  
of locally-grown  
**GOLDEN BEETS**



Harvest of the Month  
**Match Game**



FIND THE SHADOW

## Warm Golden Beet Salad with Greens & Almonds

### Ingredients:

- 1 bunch beets, both tops & roots
- Olive Oil
- Salt & freshly ground pepper
- 4 cloves garlic
- 4 ounces goat cheese, crumbled
- 2/3 cup toasted almond slivers

### Directions:

1. Heat oven to 425F. Line a 9 inch baking pan with foil. Lightly rinse the beet roots and remove any dirt, pat dry. Place them in the foil-lined pan and lightly drizzle with olive oil. Sprinkle with salt and pepper. Fold up foil and seal. Bake beets for 60 minutes. Set aside to cool.
2. Meanwhile, chop beet greens into bite size ribbons. Rinse thoroughly. In a large skillet, heat drizzle of olive oil over medium heat and add garlic. Cook on low for 5 minutes. Add chopped greens and stir to coat with garlic. Cook on medium heat for 10 minutes. Remove from heat.
3. When beets are cool, rub them with paper towel to remove skin. Chop into bite size pieces and toss with greens, goat cheese & almonds. Serve warm or cold.

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# Harvest of the Month *Golden Beets*

**MARCH  
2019**

## Did You Know?

- Beets have been around since 800BC!
- Gold Beets are sweeter than red beets.
- Beets are heart healthy, high in antioxidants and good for your eyes and skin.
- You can roast, juice, steam or sautee beets.
- Golden Beets are easier to peel than red beets.
- Astronauts have been known to munch on beets of all colors in space.

### HARVEST of the MONTH // Golden Beets

Golden Beets are an annual cool weather crop. Once harvested, beets should be stored in the refrigerator for 5-7 days. Beets can also be frozen, canned or pickled. Beets are a root veggie and should always be washed well before eaten.



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