

The Beet Issue

Beet Facts

Beets have been eaten since before recorded history. Remains have been found in ancient Egyptian and paleolithic European sites. The earliest known written mention of the beet comes from Mesopotamia in the 8th century BCE. Apparently, beets were grown primarily for their greens until the 1800's when French chefs popularized the use of the roots.

To clean beet stains from your hands, first wet them with lemon juice and salt and then wash with soap and water.

In Australia, pickled beetroot is a common hamburger topping. Like so many things in Australia, nobody can adequately explain this.

Since Roman times, beetroot juice has been considered an aphrodisiac.

A typical cup of beets contains:

- 31 calories
- 8.5 grams of carbohydrate
- 1.5 grams of dietary fiber
- 1.5 grams of protein
- 259 milligrams of potassium
- 32 milligrams of phosphorus
- 53.2 micrograms of folate

The roots are a good source of vitamin C and the leaves provide vitamin A.

Beet, Lemon, and Ginger Marmalade

Ingredients

- 1 pound cooked beets
- 1/2 tsp salt
- 5 Tbsp fresh lemon juice
- 2 Tbsp light honey
- 2 to 3 Tbsp chopped lemon zest
- 1/3 cup crystallized ginger

Peel and coarsely grate or mince the beets, and transfer to a medium-sized bowl.

Add the remaining ingredients and mix thoroughly. Transfer to a tightly capped jar. Cover and refrigerate for up to 3 weeks. Serve cold.

Use with any savory dish.

Yield: 2 cups

Adapted from: *Mollie Katzen's Sunlight Cafe* by Mollie Katzen

Beet Roesti with Rosemary

Ingredients

1 to 1-1/2 pounds beets
1 tsp coarsely chopped fresh rosemary
1 tsp salt
1/4 cup flour
2 Tbsp butter

Trim the beets and peel them as you would potatoes; grate them in a food processor or by hand. Begin preheating a medium to large non-stick skillet over medium heat.

Toss the grated beets in a bowl with the rosemary and salt, then add about half the flour; toss well, add the rest of the flour, then toss again.

Place the butter in the skillet and heat until it begins to turn nut-brown. Scrape the beet mixture into the skillet, shape it into a nice circle, and press it down with a spatula. Turn the heat to medium-high and cook, shaking the pan occasionally, until the bottom of the beet cake is nicely crisp, 6 to 8 minutes.

Slide the cake out onto a plate, top with another plate, invert the two plates, and slide the cake back into the pan. Continue to cook, adjusting the heat if necessary, until the second side is browned. Cut into wedges and serve immediately.

Yield: 4 servings

Adapted from: *How to Cook Everything* by Mark Bittman

Community Work Days

Sweet Meriam's community work days are scheduled for

Mondays from 5:00 to 8:00 PM

Thursdays from 8:30 to 11:30 or 1:30 to 4:30 PM

1st and 3rd Saturdays from 9:00 AM to Noon

Please email Heather at peacelovegreen@gmail.com prior to attending a community work day so that she can make appropriate plans.

Closing Thoughts

"A tale that begins with a beet will end with the devil. That is a risk we have to take."

-Tom Robbins, *Jitterbug Perfume*