



Food of the Month

Nutritional Information
Cooking & Storing
Recipes

Written by Joanna Brown, Certified Holistic Nutrition Expert, Natural Nutrition
Clinical Practitioner, & Raw Food Chef.
Owner of Rejoice Nutrition & Wellness.



A healthy community through the
power of good food

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CONTACT US
ASHLEY THOMPSON
COMMUNITY FOOD ANIMATOR
E ASHLEYT@FOOD4GOOD.CA
P 780.906.4971
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FEATURED FOOD:THE MIGHTY BEET

Beets are a two-in-one vegetable, which means you can enjoy both the root and the stem. The beet is believed to have originated in prehistoric times in North Africa, and grew wild along Asian and European seashores. Originally, just the stems were eaten due to their high nutritional value and it was not until the ancient Romans cultivated beets to eat the roots.

There are several types of beets such as table beets, sugar beets, and field beets. They also come in a variety of beautiful colors; red, yellow, white, pink, and even striped. Beets are available throughout the year, but their peak growing season runs from June- October.

Beets are packed with nutrition, such as high antioxidants thanks to their brightly colored pigments, high amounts of Vitamin C, and minerals such as manganese and calcium. Beets contain Betalain that supports our liver in its natural detoxification process to remove undesired toxins from our body. Finally, beets are known for their anti-inflammatory benefits thanks to their high amounts of phytonutrients which are beneficial for our bones and muscles.

The beet greens are rich in chlorophyll, fiber, and minerals like magnesium. Some people toss the leaves but this is a waste of a very nutrient-dense treat. You can chop up the leaves and lightly steam them, add them into soups, or mix them into your salad greens to enjoy all the health benefits.

HOW TO COOK & STORE BEETS



Separate beet greens and store them in the fridge as described above for a week. Beet roots will remain fresh for up to 3 weeks if properly stored. Do not wash beets before storing. Store beet roots in a plastic storage bag and ensure to remove all the air out of the bag. Place the bag of beets in the crisper section of your fridge as the colder temperature will reduce their respiration rate to last longer.

Separate the beet roots from the greens, so they do not pull moisture from the root. Cutting about 2" above the beet on the stems is ideal. Gently rinse the greens and beets, being careful not to tear the skin, it is best to not peel the beets until after they are cooked for optimal nutrient-rich cooking. Pat the greens with a towel to dry and store them in an air-tight container to use for up to a week. Cut your beets into quarters so they cook faster. Now you can boil, steam, roast or bake beets. Roasting and baking can increase the natural sugar content in the beets which can spike blood sugar levels, where steaming has been found to keep most of the nutrition intact. Fill the bottom of a pot with 2-3" of water and bring to a boil. Place the quartered beets into a steamer basket and place over the pot of boiling water. Cover with a tight fitting lid for 15-20 minutes. Beets are done when a fork will easily go through the beet. Remove the beets from the steamer basket, place them on a cutting board, and rub their skins off using a paper towel (you can wear kitchen gloves to avoid staining your hands). Transfer to a bowl, toss with olive oil and enjoy.





RECIPE: 1-MINUTE BEET GREENS

1 lbs of beet greens, chopped into 1" pieces
1 lemon, juice & zest
1 medium clove of garlic, minced
2 tbsp extra virgin olive oil, avocado, or coconut oil
sea salt & pepper to taste.

In a pan over medium heat, saute the garlic and 1 tbsp of oil for about 2-3 minutes. Add the beet greens, juice of one lemon, and cover with a lid and let it steam for 5 minutes. Remove the greens from the pan into a bowl, top with remaining tbsp of oil, lemon zest, and salt and pepper to taste. Enjoy.

RECIPE: BEET, RED PEPPER, & DILL SOUP

2 tbsp coconut or olive oil	2 cups water
1 red pepper, cored, chopped	4 cups vegetable broth
1 shallot, peeled, chopped	1 lemon, zest & juice
4 medium beets, cubed	Course sea salt & pepper to taste
1 tbsp balsamic vinegar	3 tbsp chopped dill

Heat a heavy bottom pot on low-medium heat and warm the oil. Add the onions and cook until translucent, about 3-5 minutes. Add the chopped red bell pepper and continue cooking until soft, about another 2-4 minutes. Add the beets and balsamic vinegar; cook for an additional 5 minutes. Add 2 cups filtered water and 4 cups vegetable broth, turn the heat up to a medium-high to bring to a boil. Reduce heat, and cook with the lid partially on until beets are cooked, about 45 minutes. Remove from the heat and stir in the zest and juice of the lemon, fresh dill, salt and pepper. Once the soup is slightly cooled transfer it to your blender or use an immersion blend and process until your soup is smooth in texture. Pour Soup into bowls and if you desire top with fresh, dill and coarse sea salt.

* For step by step photo instructions for this recipe you can also visit: <https://rejoicenutritionwellness.com/recipe/beet-red-pepper-dill-soup/>

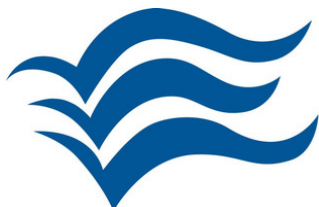
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Next Markets:

March 28, 2017,
10:00am-2:00pm,
Glenwood Community
League (16430-97 Ave)

April 13, 2017, 10:00am-
2:00pm, Canora
Community League
(10425-152 St)

April 20, 2017, 2:00pm-
6:00pm, Glenwood
Community League
(16430-97 Ave)

Events:

Collective Kitchen at
Britannia Youngstown
Community League, March
31st

Food Documentary Night:
"That Sugar film" on April
7th, Trinity United Church

For More Info Call
780-906-4971 or email
ashleyT@food4good.ca