

## Beets and Other Root Vegetables



Turnip



Hollow Crown Parsnip



Red Beets



Parsnip



Celery Root



Ginger



Jerusalem Artichoke



Horseradish



Golden Beets



Chioggia Beets



White Beets



Rutabaga



## Canning Beets

Canning vegetables must be done with care. All foods harbor microorganisms; these decrease food quality and may form toxins or poisons under certain conditions. To preserve food for long-term storage, conditions must be made unfavorable for the growth of microorganisms.

Food acidity determines which canning method is needed. A pressure canner is needed for canning vegetables. Pressure canners attain a temperature of 240 - 250° F in order to destroy harmful effects of bacteria.

For further information on proper canning practices and processing times for vegetables refer to the National Center for Home Food Preservation at:  
[www.uga.edu/nchfp](http://www.uga.edu/nchfp)



For more information contact your local  
University of Idaho Extension Office or visit  
[www.uidaho.edu/extension/twinfalls](http://www.uidaho.edu/extension/twinfalls)

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## Beets and Other Root Vegetables

Beets and other Root Vegetables are available in the grocery store all year long.



All root vegetables are rich in minerals like iron, copper, calcium, magnesium, potassium, selenium and zinc. These minerals improve your overall health.



# Let's Eat Root Vegetables!

## Roasted Root Vegetables

### Ingredients:

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrots (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

### Directions:

1. Preheat oven to 350 degrees F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.



Source: Montana State University Extension Service

### How to select root vegetables

Select the healthiest looking root vegetables with no nicks, splits, bruises or ones that are underdeveloped, for storage. Select beets that are heavy for their size and show no surface nicks or cuts. Having the greens still on them is a good indicator of freshness as they show wilting very quickly (plus they are delicious).

### Storing root vegetables

- ◆ Beets, Turnips—should be stored, in refrigerator, in an open container and will keep 3 weeks in the refrigerator. Turnips will also keep in or out of the refrigerator.
- ◆ Parsnips—will keep 2-3 weeks in an open container in the crisper for a week or two in a cool dry cupboard.
- ◆ Rutabaga—have a long storage period in or out of the refrigerator.

### Freezing Root Vegetables

- ◆ Wash and peel your root vegetable. Dice into 1-inch cubes. Bring a pot of water to a boil to blanch the root vegetables and prepare them for freezing. Do not skip this step!
- ◆ After blanching, remove from the boiling water and place them right into a bowl of ice water. After a few minutes in the ice water, transfer your root vegetables to a towel to dry.
- ◆ Lightly pat the root vegetables dry, then put them into a freezer bag or a vacuum packed bag.

### Freezing (continued)

Vegetable	Preparation	Blanching
Turnips, Parsnips	Peel, wash and cut into 1 inch cubes	2 minutes

**Beets**—Select beets that are small, less than 3 inches across and remove tops.

- ◆ Prepare and cook beets unpeeled. Fully cook beets about 25-30 minutes for freezing as raw beets do not freeze well. When fork tender, cool and peel the beets quickly.
- ◆ Pack and freeze, beets may be sliced or diced before freezing.
- ◆ To use, thaw the beets and cook just enough to heat through.

### Drying

**Parsnips**—wash, trim off roots and tops. Cut into slices or strips about 1/2 inch thick. Water or steam blanch (2-3 minutes in water, 3-5 minutes in steam.) Dry until tough and brittle.

**Beets**—Steam or boil until cooked through (about 25-30 minutes.) Cool, trim off roots and crowns, and peel the beets. Cut into shoestring strips or into slices about 1/4 inch thick. Dry until tough, brittle (10-12 hours.)