



# Know What You Grow!



Photo: AOL Images

## BEET

**Scientific Name:** *Beta vulgaris*

### Recommended Varieties

- Ruby Queen
- Detroit Dark Red
- Little Ball (gourmet baby beet)
- Early Wonder
- Burpee's Golden Beet

### Common Pests

Leafhoppers, leaf miners, and flea beetles like beet plants! Remove the insects and their eggs from the plant and keep the garden area free of weeds for good non-toxic solutions.

**Sources:** [Master Gardeners Fact Sheet](#) and [Integrated Pest Management](#)

## Growing Information

### Mild Season Plant

Beets prefer soil temperature staying 50 - 85°F. Water often when the weather is dry.

### Ideal Planting Window

**Inland Valley:** February - April, and August

**Desert:** September - January

### Growing Guidance

**Sow seeds** 1/2-inch deep in loose, well-drained soil in a sunny spot. Cover with a light dusting of compost. Lightly water the seeds and keep them moist until they sprout, in about 7 - 14 days.

**Thin seedlings** to one plant per inch when they are 2 - 4" tall. To thin, use scissors to cut off leaves at the ground surface which will avoid injury to nearby plants.

**Harvest** before beet roots exceed 3" in diameter for tastiest results. To harvest, simply pull the entire plant up from the soil.

**Source:** [Master Gardeners Fact Sheet](#)



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## Interesting Facts

**Beets come in different colors, shapes, and sizes.** Don't just think dark red and round. Newer varieties are gold, white and candy-cane striped. Some are cylinder-shaped like a carrot.

**The red-and-white striped Chioggia variety originated in Italy.** Its name comes from a fishing village near Venice.

**Each beet "seed" is a lumpy cluster of several seeds.** Because several plants can germinate from one seed, it is important to thin the excess seedlings.

**Beets are versatile and delicious, no matter how they are prepared!** They can be baked, sauteed, boiled, pickled, and used as an ingredient in desserts and dips. Young tender beet leaves make a perfect addition to a green salad.

**More information:** [Know Your Vegetables](#)

## Contact Information



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## Nutritional Information

### Nutritional Value

The beet and its greens are both an excellent source of vitamin B9 (folate), vitamins A and K, manganese, and potassium. A 3.5-oz serving of cooked beet root has only 44 calories.

**Source:** [Healthline](#)

### Recipe: Roasted Beets



#### Ingredients

12 beets  
3 Tablespoons olive oil  
1 ½ teaspoons fresh thyme leaves, minced  
2 teaspoons kosher salt  
1 teaspoon fresh ground pepper  
2 Tablespoons raspberry vinegar  
Juice of 1 large orange

#### Directions

1. Preheat the oven to 400 degrees.
2. Remove the tops and the roots of the beets and peel each one with a vegetable peeler. Cut the beets in 1 1/2-inch chunks. (Small beets can be halved, medium ones cut in quarters, and large beets cut in eighths.)
3. Place the cut beets on a baking sheet and toss with the olive oil, thyme leaves, salt, and pepper. Roast for 35 to 40 minutes, turning once or twice with a spatula, until the beets are tender. Remove from the oven and immediately toss with the vinegar and orange juice.

[Recipe](#) and photo source: Food Network