



Lettuce Turnip the Beet

Join the food movement and cook loud, be healthy and eat fresh with these tips from our expert.

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Lettuce crank up the volume on our cooking this summer and eat fresh! Beat the grocery store lines and grow your own veggies to have access to the freshest produce available. Don't have room for a garden? Visit your local farmers market. Turnip the heat and cook with some new and exciting varieties you've never tried before. Cook loud. Be healthy. Eat fresh. Join the food movement!

What are some good veggies to grow? If you are new to gardening, start with a few easy-to-grow veggies and expand your palate from there. Try some All-America Selections (AAS) winners listed below. Winning year is in parenthesis.

- Sandy lettuce, *Lactuca sativa* (2015)
- Tokyo Cross turnip, *Brassica rapa* subsp. *rapa* (1969)
- Avalanche beet, *Beta vulgaris* (2015)
- Purple Haze carrot, *Daucus carota* (2006)
- Valentine tomato, *Solanum lycopersicum* (2018)
- Roulette pepper, *Capsicum chinense* (2018)
- Delfino cilantro, *Coriandrum sativum* (2006)
- Sweet Baby radish, *Raphanus sativus* (2016)
- Seychelles pole bean, *Phaseolus vulgaris* (2017)

How do I grow my veggies? If you choose to start your veggies from seed, start indoors following the instructions on the seed packets, as each type of plant may have different growing requirements. Most prefer full sun and regular watering. Check out our Facebook Live segments from March and April for more details.

Why should I eat my veggies? Did you know that 2018 has been named the Year of the Beet by the National Garden Bureau? Beets are high in fiber, vitamins A and C, and have more iron than most vegetables. They are also rich in antioxidants, calcium, potassium, phosphorus and folic acid. Sounds pretty healthy, right?

Make sure to come check out the Partnership Gardens and Children's Gardening Patch this summer where we will be growing many All-America Selections winning vegetables. And don't forget to check our summer class schedule for classes on herbs and summer picnics. Bon appétit!



Featured Recipe

Beets Glazed with Blood Orange Juice & Honey

You may think of beets as hearty fall and winter food, but sweet oranges and bright, fresh fennel makes this salad a treat for spring's first warm days when we're still cooking with winter storage veggies.

For salad:

- 3 large beets, diced 1/2" pieces
- 2 blood oranges, finely zested and juiced (about 1/3 cup)
- 1 tbs honey
- 1 tbs olive oil
- 2 tbs toasted fennel seeds
- white pepper
- 1/2 cup crumbled queso fresco or feta cheese
- 1 head butter lettuce

For vinaigrette:

- 1 shallot, minced
- 1/3 cup sherry or cider vinegar
- 1 tsp Dijon mustard
- 2/3 cup olive oil - the good stuff!

Directions:

Place beets in steamer basket over water with 1 tbs orange zest. Steam beets over high heat until just tender, 15-20 minutes, adding water if needed.

Make vinaigrette: In medium bowl, whisk together shallot, vinegar and mustard. Season with salt and pepper. Add oil in a thin stream, while whisking, to form a creamy emulsion.

Separate lettuce leaves and place in large bowl. Dress lightly with vinaigrette.

Warm olive oil in a 12" skillet over medium heat. Add beets and cook 2 minutes. Whisk together juice and honey and add to pan. Increase heat to medium-high and cook until liquid reduces and glazes beets. Season with white pepper and salt.

Toss beets with fennel seeds, cheese and remaining zest, and serve over dressed lettuce leaves. Enjoy!

Recipe Source: ngb.org/year-of-the-beet

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