



Gleaning Beets



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Beets, **Protein:** 2 g, **Fat:** 0.2 g, **Carbohydrates:** 13 g, **Fiber:** 3.8 g, **Sugar:** 9 g, **Calcium:** 22 mg, **Magnesium:** 31 mg, **Potassium:** 442 mg, **Vitamin C:** 6.7 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Beet Cakes with Fresh Rosemary*

Season: *Fall/Winter*

Ingredients: 1 ½ pounds beets (about 5-6 medium-sized), 1 tsp. fresh rosemary, chopped, 1 tsp. salt, ¼ Cup all-purpose flour, 2 Tbsp. butter

Instructions: 1. Wash, peel and trim the beets. Grate the beets on a box (cheese) grater. 2. In a large bowl, toss the beets with the rosemary and salt, then add about half the flour and toss again. Then add the rest of the flour and toss again. 3. Heat a large skillet over medium heat. Add the butter and let it melt and foam. Add spoonfuls of the beet mixture to make "pancakes". Cook 4-6 minutes on one side, flip, and cook 4-6 minutes on the other side. 4. Remove from pan, add more salt to taste and enjoy!

Fun Facts:

- ★ In Eastern Europe, beet soup, or borscht, is popular.
- ★ Beet juice can be used as a dye.
- ★ The leaves of beetroots, beet greens, are also edible.
- ★ In Australia, people put pickled beets on their hamburgers.

Source: vegetarian.lovetoknow.com/Facts_About_Beets

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