



FoodShare's Harvest of the Month

After a well-deserved school break it's time to buckle down and get back to the books. This month's feature is beets, typically not a child's favourite - but prepared well this vegetable can excite kids to wanting more! Beet chips, beet cake, and roasted beet hummus are just a few ways to enjoy this nutritious vegetable. See our recipe for Roasted Beet Hummus, which is sure to delight all ages. Beets are one of the few vegetables that you can eat the tops and the roots of. Though they are sure to stain your hands and cutting board, a simple trick is to use lemon juice to remove the stains.

Why did the people dance to the vegetable band?

It had a good beet!

Did You Know?

- Today's beets originated from the wild beet.
- Historically people only ate green beet tops.
- Romans began cultivating beets and eating the roots.
- It is believed beets originated in North Africa!
- In the 19th century the value of beets increased once it was discovered they contain concentrated sugar.
- Poland opened the first sugar factory using beets.

Nutritional Facts

- Beet greens contain a high source of Vitamin A, Iron, and Calcium
- Beet roots contain Folate, Manganese, Iron, Silicon, Potassium, Copper, Niacin, and Vitamin C
- Chinese medicine suggests beets strengthen the heart and liver, improve circulation and purify the blood
- Best to limit the consumption of beet greens as they contain abundant oxalic acid which may inhibit calcium absorption
- According to research beets juice is high in anthocyan which is active against cancer and leukemia

January Feature:

Beets



Farm Profile:

Carron Farms Bradford, Ontario

Produce Grown: Beets, Carrots, Onions, Cabbage, and Potatoes

In 1934 the Verkaik family purchased a parcel of land on the west side of the Holland Marsh in Ontario's Greenbelt. Most of the produce farmed in the early years was sold to farmer's markets throughout Ontario.

The farm and families of the Verkaik brothers were continually growing and in 1967 the farm was divided into separate family farms. One of these farms was run by Jacob (Jake) Verkaik and his family. They named the farm by combining the letters of the farms two prominent vegetables: carrots and onions. Thus, Carron Farms Ltd. was created. Jake continued farming with his family until the mid 1970's when he passed away. At which point Doug and Jack Verkaik, two of his sons, took over the responsibility of running Carron Farms.

Carron Farms continues to be a strong and successful farming operation in the Holland Marsh.





Science Experiment

Need:

- 3 Carnation flowers (white, pink, yellow)
- 3 Beets
- 3 Vases

Directions:

1. Peel, cook, and mash beets.
2. Place one beet, some cooking water, and one carnation in each vase.
3. Leave overnight and compare how their colours change.

www.ehow.com

Roasted Beet Hummus



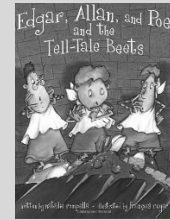
Ingredients

- 1 medium-sized roasted red beets, peeled and chopped
- 2 cloves garlic, minced
- 1/4 cp tahini sesame seed paste
- Juice and zest of one lemon
- 1 Tsp ground cumin
- 1/2 Tsp salt, plus extra if desired
- 1 cp cooked chickpeas
- 1/4 cp olive oil, plus more for thinning the hummus

Directions

1. Place all ingredients except for the chickpeas and olive oil in a food processor or blender.
 2. Pulse until well blended.
 3. Add the chickpeas and olive oil and pulse until just incorporated.
 4. Add more olive oil as necessary for blending the chickpeas into a paste, or to thin out the hummus to a thinner consistency.
 5. Serve with warm pita flat bread, veggies or crackers.
- www.grouprecipes.com

Feature Book



Title: *Edgar, Allen, and Poe and the Tell Tale Beets*

Author: Natalie Rompella

Publisher: Lobster Press

Publication Date: Sept 2009

ISBN: 978-1897550175

Description: *A clever take on Edgar Allan Poe's The Beating of the Tell-Tale Heart is sure to tickle the funny bone of picky eaters alike!* It all began with the beets. Their mother has one unbreakable rule: "No dessert until you finish your dinner." But how can Edgar, Allan, and Poe possibly clear their plates when there are brussel sprouts to be swallowed, liver to be chewed, and worst of all, beets to be bitten? Perhaps the loose floorboard under Poe's chair is the answer! But just as the parade of delicious desserts begins, the hidden food starts to grow and starts to smell...

(Amazon, www.amazon.com)