Greetings Fresh Food Fans,

I haven't always loved beets and I'm guessing some of you may have similar feelings about this root vegetable. I have a distinct childhood memory of sitting at the kitchen table with my brother long after our parents were finished, each of us confronting an uneaten serving of cold, canned beets. As I recall, we flushed them down the toilet. :)

No beet should suffer that fate. The problem was that I grew up in a house where vegetables were either poured from a can or boiled beyond recognition. Canned beets just didn't taste good.



It wasn't until adulthood, when I tried a roasted beet salad, that I began to understand the beet's complex, sweet and earthy flavor profile.

Last night, I roasted some golden beets from Andrews Farm along with carrots and onions from Tender Soles around a chicken from Stillbrook Acres. It made for a delicious meal. I used the leftover chicken bones to make a yummy soup featuring kale from Liberation Farms and more of Mike's golden beets.

I'm curious how you beet lovers prepare beets? I usually roast them with a little olive oil, sea salt and pepper. I know many people bake them wrapped in tin foil like baked potatoes. This is a lower calorie way to go and keeps them from drying out. I'd like to try that.

When Sky Stoll, who grew up in Lithuania, was running the cafe at 317 Main, she used to make a fragrant, brothy soup using beets, potatoes, vinegar and caraway seeds. It was SO delicious and I try to approximate her recipe when I feel a cold coming on. It is so satisfying and restorative.

It's not too late to beet your beet aversion! Why don't you pick up a bunch this week.

Here are a few recipe links to get you started.

https://www.rebootwithjoe.com/seasonal-roasted-golden-beets/

https://www.thespruceeats.com/polish-beet-borscht-soup-recipe-1137127

https://www.simplyrecipes.com/recipes/roasted_beets_with_balsamic_glaze/

See you Thursday,

Amy