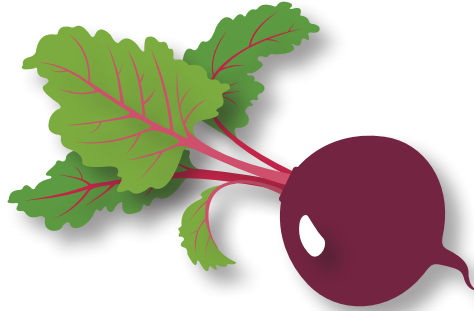


What can a garden grow?



Beets

The beetroot is the root portion of the beet plant, usually known in North America as the beet. Other than as a food, beets have use as a food coloring and as a medicinal plant. For more information: <https://en.wikipedia.org/wiki/Beetroot>.

How to grow Beets?

Sow beet seeds in well-worked, well-drained soil in full sun after danger of frost in spring. In frost free areas, sow in fall. Beets are sensitive to acidic soils and prefer a pH of 6.0 - 7.0. If your soil is more acidic, add Garden Lime as directed on the bag. Sow thinly in rows 12 inches apart and cover with 1/2 inches of fine soil. Firm lightly and keep evenly moist. Seedlings emerge in 14-21 days. Thin to stand about 3" apart when seedlings are 1-2" tall.

Note: Beet seeds are actually clusters of seeds and require more thinning than other crops. For more information:

<http://www.burpee.com/vegetables/beets/beet-detroit-dark-red-med-top-prod000611.html>.

How to cook Beets?

Usually the deep purple roots of beetroot are eaten boiled, roasted or raw, and either alone or combined with any salad vegetable. The beet root foliage is also edible and is often sautéed along with roasted root stock. For more ideas on how to prepare beets go to:

<http://allrecipes.com/recipes/1080/fruits-and-vegetables/vegetables/beets/?internalSource=hub%20nav&referringId=1080&referringContentType=recipe%20hub&linkName=hub%20nav%20daughter&clickId=hub%20nav%202>.