



Beets

- **Selecting fresh beets:**
 - **When Canning:** Select beets that are about 1 to 2 inches in diameter. When beets get larger than that, they tend to become fibrous and do not make a good canned product.
 - **When Freezing:** Select young beets that are deep red, and tender.
- Do not select beets that have dark spots, soft spots or wet areas as these are all signs of spoilage.

Storing beets

Do not wash beets before storing. Place them in a plastic bag, and squeeze out as much air as possible. Place the bag in the refrigerator and beets will keep about 3 weeks.

Health benefits

Beets are fat free, saturated fat free, cholesterol free, low sodium, and an excellent source of folate.

Choose methods of preservation and preparation that help them retain those characteristics.



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Nutrition Facts			
Serving Size 1 Beet (82g)			
Servings Per Container			
Amount Per Serving			
Calories 35		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 65mg			3%
Total Carbohydrate 8g			3%
Dietary Fiber 2g			8%
Sugars 6g			
Protein 1g			
Vitamin A 0%		Vitamin C 6%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Things you should know about canning:

General Information:

- Carefully select and wash the food you are going to can.
- Usually fresh foods should be peeled.
- Use jars made specifically for home canning and two-piece lids.
- Process jar in pressure canner for the correct period of time. Correct for altitude if required.

Doing this maintains quality, nutrition and helps keep food from spoiling or causing foodborne illness.

Adjusting for altitude:

- The higher the altitude, the lower the temperature in the canner. That can result in underprocessing and higher risk of spoilage and foodborne illness.
- If you can food at an altitude over 1000 feet you need to adjust for altitude.
- Find the altitude for your county seat by checking a State of Oklahoma map.
- Be sure to include the altitude information when determining processing times.

Recommended Canning Jars:

- Regular, and wide mouth Mason type jars with tight sealing lids are ideal. These come in a variety of sizes.
- Before using, clean jars with hot water and soap and rinse well. To sterilize, put jar right side up on the rack in boiling-water canner. Fill jar with hot water to one inch below top of jar, and boil for 10 minutes at altitudes of 1,000 ft. If above 1,000 ft boil 1 extra minute for each additional 1,000 ft.
- Seal lids tight. Once sealed, do not try to re-tighten the lids. As the contents in the jars cool, this will suction the lid to the jar.

How to Can Beets—Whole, Cubed or Sliced

Quantity: For a canner load of 7 quarts, you will need about 21 pounds. For a canner load of 9 pints, you will need about 13.5 pounds.

Quality: Select beets that are about 1 to 2 inches in diameter. When beets get larger than that, they tend to be come fibrous and do not make a good canning product.

Procedure:

1. Trim off the tops of the beets. Be sure to leave an inch of the stem and roots to help prevent the bleeding of the color.
2. Boil the beets until the skins are easy to peel. This usually takes about 15-25 minutes.
3. Cool, remove skins and trim off stems and roots.
4. If beets are small, leave whole. For medium to large beets, cut into 1/2-inch cubes or slices. Halve or quarter very large slices.
5. If desired, add 1/2 teaspoon canning salt to each pint jar, 1 teaspoon per quart jar. Fill jars with hot beets, and add fresh hot water. Be sure to leave 1-inch of headspace.
6. Add two-piece lids and process following recommendations on page 3 according to the method of canning used.

Recommended process time for **Beets** in a **dial-gauge pressure canner**.

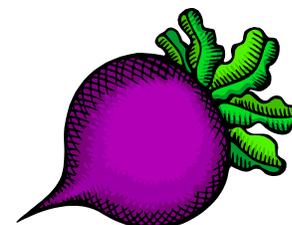
			Canner Pressure (PSI) at Altitudes of:			
Style of Pack	Size of Jar	Process Time	0-2,000 ft	2,001-4,000 ft	4,001-6,000ft	6,001-8,000ft
Hot	Pints	30 min	11 lb	12 lb	13 lb	14 lb
	Quarts	35 min	11	12	13	14

Recommended process time for **Beets** in a **weighted-gauge pressure canner**.

			Canner Pressure (PSI) at Altitudes of:	
Style of Pack	Size of Jar	Process Time	0-1,000 ft	Above 1,000 ft
Hot	Pints	30 min	10 lb	15 lb
	Quarts	35min	10	15

Notes

My altitude is:



How to Can Pickled Beets (Yield: about 8 pints)

Caution: The level of acidity in pickled products is as important to its safety as it is to taste and texture.

- Do not alter vinegar, food or water proportions in a recipe or use a vinegar with unknown acidity.
- Use only recipes with tested proportions of ingredients.
- There must be a minimum, uniform level of acid throughout the mixed product to prevent the growth of botulinum bacteria.

7 lbs of 2- to 2-1/2-inch diameter beets
4 cups vinegar (5 percent)
1-1/2 teaspoons canning or pickling salt
2 cups sugar
2 cups water
2 cinnamon sticks
12 whole cloves
4 to 6 onions (2- to 2-1/2-inch diameter) if desired

Procedure:

1. Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color.
3. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes). **Caution: Drain and discard liquid.**
4. Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel and thinly slice onions. Combine vinegar, salt, sugar, and fresh water. Put spices in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag.
5. Fill jars with beets and onions, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Adjust lids.
6. Process in a boiling water canner according to the recommendations in the table below. Let cool, undisturbed, 12 to 24 hours and check for seals.

Recommended process time for Pickled Beets in a boiling water canner.					
		Process Time at Altitudes of			
Style of Pack	Size of Jar	0-1,000 ft	1,001-3,000 ft	3,001-6,000ft	Above 6,0000 ft
Hot	Pints or Quarts	30 min	35	40	45

How to Can No Sugar Added Pickled Beets (Yield: about 8 pints)

7 lbs of 2- to 2-1/2-inch diameter beets
4 to 6 onions (2- to 2-1/2-inch diameter), if desired
6 cups vinegar (5%)
1-1/2 teaspoons canning or pickling salt
2 cups Splenda®
3 cups water
2 cinnamon sticks
12 whole cloves

Procedure:

1. Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes). **Caution: Drain and discard liquid.**
3. Cool beets. Trim off roots and stems and slip off skins. Slice into 1/4-inch slices. Peel, wash and thinly slice onions.
4. Combine vinegar, salt, Splenda®, and fresh water in large Dutch oven. Tie cinnamon sticks and cloves in cheesecloth bag and add to vinegar mixture. Bring to a boil. Add beets and onions. Simmer 5 minutes. Remove spice bag.
5. With a slotted spoon, fill hot beets and onion slices into clean, hot pint jars, leaving 1/2-inch headspace. Cover with boiling hot vinegar solution, leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.
6. Process in a boiling water canner according to the recommendations in the table below. Let cool, undisturbed, 12 to 24 hours and check for seals.

Variation: *Pickled whole baby beets* - Follow the directions above but use beets that are no more than 1- to 1-1/2 inches in diameter. Pack whole after cooking, trimming and peeling; do not slice.

Recommended process time for No Sugar Added Pickled Beets in a boiling-water canner.					
		Process Time at Altitudes of			
Style of Pack	Size of Jar	0-1,000 ft	1,001-3,000 ft	3,001-6,000ft	Above 6,0000 ft
Hot	Pints	30 min	35	40	45

Trade and brand names are used only for information.



Drying Beets

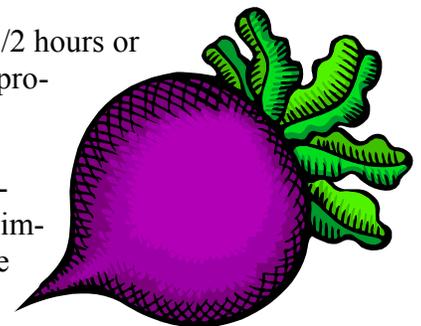
When drying beets, select vegetables at peak flavor and eating quality. Before drying you should blanch the vegetables in boiling water in order to kill bacteria and enhance quality and safety of the end product. Drying methods include:

- **Dehydrator Drying:** thermostatically electric dehydrators are recommended. These work by blowing warm air over the food until they are dried out. These should be used in a well-ventilated room.
- **Oven Drying:** Either gas or electric ovens can be used, but you must watch the food item carefully so they do not scorch. Preheat oven to lowest setting (140-150 degrees F). Maintain that temperature throughout the duration of the drying process, use an oven thermometer to do so. Shift trays every half hour, and stir food often if it is 1/2 inch deep. When drying is nearly complete, turn off heat and open the door wide for an additional hour or so to allow excess moisture to escape.
- **Post Drying Treatment:** When drying is complete, some pieces will be more moist than others due to size and location during drying process. Condition if necessary.
- **Drying Process for Beets:** Wash the beets thoroughly. Leaving the stem and roots, cook until skins are easy to peel. Cool beets, and peel skins and trim off stems and roots. Cut into long, thin strips about 1/8-inches thick. Do not blanch. Let dry for about 10-12 hours. Dryness Test– the shoestring strips should be

Using Dried Beets

To reconstitute dried beets, add 2-3/4 cups water to 1 cup dried beets. Soak 1-1/2 hours or until the desired volume is restored. Do not over-soak the beets. Over-soaking produces loss of flavor and a mushy, water-logged texture.

When making soup from dehydrated beets, add them to the liquid without rehydrating them. They will rehydrate as the soup. Add enough water to cover and simmer until tender. CAUTION! If soaking takes more than 2 hours, refrigerate the product for the remainder of the time.



Things you should know about freezing:

Packaging should:

- Be moisture vapor resistant
- Be durable and leak proof
- Not become brittle and crack at low temperatures
- Resist oil, grease and water
- Protect food from absorption of other odors and flavors
- Be easy to mark and seal

Rigid Containers:

These include hard plastic and glass. They are usually good for liquid packs. Rigid containers are often reusable and are easy to store in the freezer. Choose glass jars made for canning or freezing. If the glass jar has a narrow mouth, be sure to leave a little extra headspace for the expansion of foods when frozen. Lids should fit tightly. If they do not, seal with freezer tape.

Flexible Bags or Wrappings:

These types include flexible freezer bags, freezer paper, and heavy-weight aluminum foil. These are typically used for food with little or no liquids. Bags are available in a variety of sizes and come with different seals such as zippers or ties. Regardless of the type, when sealing press to remove as much excess air as possible.

How to Freeze Beets

1. Select young, tender, deep red beets.
 2. Wash, and sort the beets according to their size. Trim the tops, but leave 1/2-inch of the stem (this will help prevent bleeding)
 3. Cook in boiling water (small beets 25-30 minutes, or medium beets for 45-50 minutes).
 4. Cool immediately in cold water. Peel the beet, and remove the stem. Cut into slices or cubes.
 5. Place in your container. Be sure to leave 1/2-inch of headspace. Seal and freeze!
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For more information about food preservation contact your local County Cooperative Extension office. To locate contact information for your county visit <http://www.oces.okstate.edu/> and select County Office Directory on the left side. You can also visit the National Center for Home Food Preservation at www.uga.edu/nchfp/

Adapted for Oklahoma by Barbara Brown, Food Specialist for the Oklahoma Cooperative Extension Service and Claire Grady, graduate research assistant.

Source: National Center for Home Preservation, www.uga.edu/nchfp/

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