



# BEETS

Beets can be grown in the Midwest spring. They are popular for their vitamin source and sweet flavor. Try them roasted, pickled or raw.

## VARIETIES

Common beet varieties include; Red Ace, Chioggia and Detroit Dark Red.

## PLANTING

Beets are frost tolerant, and thrive in spring and fall. You'll usually want to have these planted between early to mid April in the spring.

For fall planting make sure to have them in the ground by early August.

When planting seeds be sure to space them about an inch apart and 1/2 inch deep.

Frequent, shallow cultivations can help with weeds.

Beets require a fertile, well-drained soil. They should receive approximately 1" of water per week, either from rainfall or irrigation.

## FERTILIZING

A complete, balanced fertilizer should be applied at planting. Amending the bed with compost is also beneficial but not a substitute for fertilizer.

## INSECTS & DISEASES

A common pest of beets are aphids. Aphids are small green insects that feed on the younger leaves. They can be spotted on the underside of leaves along with their white shells.

It is important to catch an infestation early on because aphids are rapid reproducers.

## HARVESTING

Harvest beets when they are at least 1½" long. Removing tops before storage will increase their shelf life.

Store in a plastic bag in a well refrigerated place.

