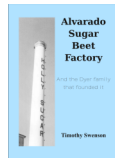
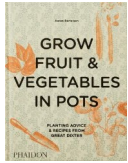
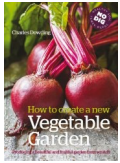


## Learn More

**Did you know:** Beets were cultivated in ancient Greece and Rome, and are said to have been grown in the Hanging Gardens of Babylon!  
In addition to being tasty, beets are a great source of fiber and nutrients.

**More Fun Facts:** Sugar beets (generally white in color) were once a major crop in the East Bay. A factory that converted sugar beets to the type of sugar we buy at the grocery store operated in the Alvarado Nile area from 1870 to 1967. A historical marker for the factory is located at 30849 Dyer Street in Union City.



Find books on gardening and vegetables at the library!  
Go to <https://aclibrary.org/> and search the catalog using terms such as: **Gardening, Vegetable Gardening**, vegetables, or the vegetable of your choice.

## Community Spotlight



Urban Tilth is a community-supported agriculture organization based out of Richmond, CA. They grow their produce for schools, individuals & families in the community, and urban farms.

They supported families in need during the pandemic with free CSA boxes!

Check them out at: <https://www.urbantilth.org/>

## Seed Kits:

### Beets



Image from Johnny's Selected Seeds

#### SUPPLIES IN YOUR KIT

- Beet seeds
- Coloring page
- Craft instructions
- Planting log
- Recipe

#### SUPPLIES AT HOME

For planting:

- Soil
- Container and/or garden plot
- Water

### Boro Beets (*Beta vulgaris*)

Tough, widely adapted, and reliable with excellent flavor. Matures in about 50 days.

#### Seed Package Instructions:

**Culture:** Sow seeds after last frost and up to 8 weeks before freezing weather. Plant seeds 2" apart and 1/2" deep in rows; rows should be 12-18" apart. For continuous supply of greens, sow seeds in 2-week intervals. Full sun exposure.

**Water:** Beets need well-irrigated soil to prevent diseases. Keep the soil moist and water beets when soil becomes dry.

**Harvest:** Beets should be harvested approximately 60-90 days after planting. Gently pull the beets out of the soil by the base of the stem.

Share a story and a picture of your garden with us!



GRAB AND GO CRAFTS



## PLANTING LOG

PLANT NAME \_\_\_\_\_

LATIN NAME \_\_\_\_\_

EXPECTED DAYS TO GERMINATION \_\_\_\_\_

EXPECTED DAYS TO MATURITY \_\_\_\_\_

Location of Planting:

Date Seed Planted:

Number of Seeds Planted:

Germination Date:

Date of First Harvest:

Date of Last Harvest:

Pests/Problems:

Notes:

## Recipe

### Roasted Beets

Yield: 4 servings

Prep time: 5 minutes Cook Time: 35-40 minutes

Amount	Ingredients
4	Beets peeled and cut into $\frac{3}{4}$ " cubes
2 tbsp	Extra virgin olive oil
1/2 tsp	Thyme (fresh or dried)
1/2 tsp	Kosher salt
1/4 tsp	Ground black pepper
2 tsp	Balsamic vinegar

1.	Preheat oven to 400 degrees
2.	Remove the tops and the roots of the beets and peel each one with a vegetable peeler. Cut the beets into $\frac{3}{4}$ " cubes.
3.	Place the beets on a baking sheet and toss with the olive oil, thyme leaves, salt, and pepper. Roast for 35 to 40 minutes, turning once or twice with a spatula, until beets are tender. Remove from oven and toss

