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/](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/](https://www.urbantilth.org/)

Seed Kits: Beets

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.

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

Image from Johnny’s Selected Seeds
Recipe

Roasted Beets

Yield: 4 servings

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

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredients</th>
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<tbody>
<tr>
<td>4</td>
<td>Beets peeled and cut into 3/4” cubes</td>
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<tr>
<td>2 tbsp</td>
<td>Extra virgin olive oil</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Thyme (fresh or dried)</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Kosher salt</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Ground black pepper</td>
</tr>
<tr>
<td>2 tsp</td>
<td>Balsamic vinegar</td>
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</tbody>
</table>

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 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.