

Fresh Start Beets



Sautéed Beet Greens

Prep Time: 3minutes mins Cook Time: 2minutes mins

Total Time: 5minutes mins Serves 2 to 4

This simple sautéed beet greens recipe is a delicious, nutritious side dish!

Ingredients

1 bunch beet greens

1 teaspoon extra-virgin olive oil

1 garlic clove, finely chopped

Sea salt and freshly ground black pepper

2 tablespoons golden raisins

Lemon wedge, for squeezing

1 tablespoon chopped walnuts or pistachios

Instructions

Separate the stems from the beet greens. Finely chop the stems and coarsely chop the leaves.

Heat the olive oil in a large skillet over medium heat. Add the garlic and the beet stems and cook, stirring, for 1 minute. Add the beet greens, a few pinches of salt, and several grinds of pepper. Sauté, tossing, until just wilted.

Turn off the heat, add the raisins, and squeeze with lemon juice. Toss to combine. Transfer to a platter, top with the walnuts, and season to taste with more salt and pepper.

Beta vulgaris 'Fresh Start'

- **Use:** Clean, attractive leaves for bunching and baby leaf. Extremely uniform plants and leaves for productive harvests of full bunches. Vivid green leaves with deep magenta stems. Provided the most upright bunches in our trials. NOTE: For baby leaf and bunching greens only; does not form a marketable beet root.
- **Exposure/Soil:** Full/part sun; well-draining soil and appreciates slow release fertilizer.
- **Growth:** Grows 21-26" tall.
- **Hardiness:** Zone 5-9; Annual, winter hardy (not heat hardy)
- **Foliage:** Strong Cercospora resistance for healthy, fresh-looking leaves. Compared to Fresh Pak, Fresh Start is slightly smaller, with narrower leaves; slightly more upright with compact, tight plants; lighter-green in color; and slower to size up
- **Flowers:** Not known for flowers.

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