



Winter Vegetable Gardening Tips from Joyce Gemmell

Beets

Beets can be a succession planted in fall, winter and spring. In warm areas of the country, beets should be planted at least 2 months before average daytime temperatures reach 80 degrees. Hot dry weather lowers the sugar content and toughens the root. Beets are usually direct seeded, however, they can be grown as transplants and set out in the garden at the two-leaf stage. Use a long dibble so the taproot is not crimped in the hole. The multiple seed ball contains from one to eight seeds from which the clumps of seedlings sprout. Seeds germinate in from 4 -10 days at 45 -70 degrees soil temperature.



For more uniform germination, soak seed overnight. Plant $\frac{1}{4}$ to $\frac{1}{2}$ inch deep with a foot between rows on raised beds or rows 20 inches apart on the flat. In one to two weeks the seedlings should emerge. At 3 inches tall, start thinning the clumps of seedlings to 4 inches apart and start harvesting when the beets are $1\frac{1}{2}$ - 2 inches in diameter. Water every 5 days in winter if it doesn't rain. Be sure to keep weeds pulled. Deep cultivation should not be done as the side roots are near the surface. The beet root needs the same friable soil that any expanding underground root would need. Fertilizing should be with a high phosphate and lower nitrogen formula (5 - 10 - 5) or (16 - 20 - 0) if you used sawdust or wood-based amendments recently.

Varieties : The **Golden** beet doesn't bleed like other beets. The "greens" of this beet are very good. The only drawback to this variety is its lower germination rate, so plant a little thicker. The long season **Lutz Green Leaf** beet is grown for the tops and late in the season a large beet. **Little Ball** is a baby beet for spring and fall planting. **Detroit Dark Red** won't take heat as it loses quality, a good one

Planting Dates:

Coastal region

Seeds can be planted from September to May.

Inland Region

Seeds can be planted from September to Mid-April.

for Nov. - Feb. planting. **Cylindria**, a long cylindrical beet grown up to 8 inches long and 2 inches in diameter, good for slicing. **Albino**, a white beet, is high in sugar. Start harvesting when roots are 1 - 1½ inches in diameter. Maturity dates are 50 to 68 days.



Nutritional Information...

Nutritional value per 100 g (3.5 oz)

Energy	180 kJ (43 kcal)
Carbohydrates	9.56 g
Sugars	6.76 g
Dietary fiber	2.8 g
Fat	0.17 g
Protein	1.61 g
Water	87.58g
Vitamin A equiv.	2 µg (0%)
- beta-carotene	20 µg (0%)
- lutein and zeaxanthin	0 µg
Thiamine (Vit. B1)	0.031 mg (2%)
Riboflavin (Vit. B2)	0.040 mg (3%)
Niacin (Vit. B3)	0.334 mg (2%)
Pantothenic acid (B5)	0.155 mg (3%)
Vitamin B6	0.067 mg (5%)
Folate (Vit. B9)	109 µg (27%)
Vitamin C	4.9 mg (8%)
Calcium	16 mg (2%)
Iron	0.80 mg (6%)
Magnesium	23 mg (6%)
Phosphorus	40 mg (6%)
Potassium	325 mg (7%)
Zinc	0.35 mg (3%)

Percentages are relative to US recommendations for adults.

Source: Wikipedia : USDA Nutrient database