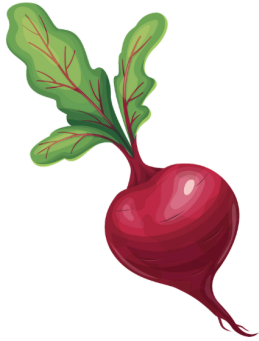


# Fresh Veggie Series

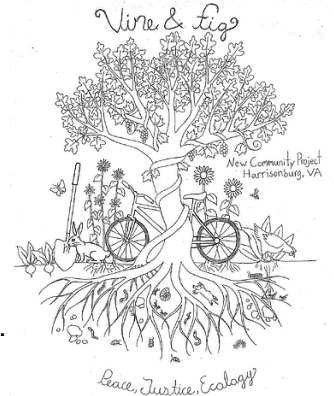
Vine & Fig Educational Outreach Program



## This Week's Produce Items:

**Radical Roots Farm:** beets, lettuce mix, tomatoes, cucumbers, green pepper, zucchini, head of lettuce and onion.

**St. Isidore Homestead & Permaculture:** tomatoes, scallions, green peppers and Radical Roots' red beets.



## Recipe of the week:

Beet salad

### Ingredients

- 1 bunch beets, washed and peeled
- 1 tablespoon butter or vegetable oil
- 1/3 cup water
- 2 tablespoons balsamic vinegar
  - or make it Moroccan style and add onion, cumin, mint and orange juice
- salt and ground black pepper to taste

### Directions

1. Shred beets.
2. Melt butter or oil in a skillet over medium heat. Cook and stir shredded beets in until slightly softened, about 5 minutes.
3. Pour water over the beets, cover the skillet with a lid, and simmer the beets until completely softened, about 10 minutes.
4. Stir balsamic vinegar or other seasoning with the beets.
5. Salt and pepper to taste.



[vinefigeducation.org/recipes](http://vinefigeducation.org/recipes)