

LOCAL CHEF RECOMMENDS -- BEET CHIPS WITH LIME SALT

4 cups (1 L) vegetable oil, for deep frying
8 medium beets, peeled and thinly sliced
Lime salt to taste (recipe below)

1. Pour vegetable oil into a sauté pan. Using a candy thermometer to check temperature, heat oil to 325°F (160°C).
2. Add the beet slices in small batches. Fry slices about 2 to 3 minutes or until golden and crisp. Drain on paper towels and season with lime salt. Serve immediately.

Serves 6

Lime Salt
2/3 cup (150 mL) fine sea salt
Freshly grated zest of 4 limes

1. Preheat oven to 325°F (160°C).
2. Combine sea salt and lime zest in a pie plate. Bake salt for 10 minutes. Cool.

Makes 2/3 cup salt

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HOLLAND MARSH BEETS

FACTS

Beets are a highly versatile, red vegetable. Small, fresh Ontario beets are available in early summer. The flesh is as deep red as the skin. Bunching beets; those with the green tops left on are for fresh market use. Beets are not eaten raw but must be cooked. Both the beet root and beet tops are edible. Cooked beets are a wonderful addition to a cold salad. Beet greens, a nutritious part of the vegetable can be lightly cooked and served like spinach. Small beets are often pickled for winter use.

Health Benefits: Beets are an excellent source of Folate, a good source of Manganese and a source of Fibre, Vitamin C, Potassium, Magnesium and Iron.

Number of acres farmed in the Marsh annually: 97 acres