

## LOCAL CHEF RECOMMENDS - - BEET SALAD

18 baby beets  
Sea salt  
8 cups (2 L) arugula  
2 cups (500 mL) sugar snap peas, blanched, refreshed and trimmed  
2 blood oranges, peeled and sliced  
3 tbsp (45 mL) extra virgin olive oil  
1 tbsp (15 mL) white wine vinegar  
1 tsp (5 mL) chopped fresh oregano  
Freshly ground pepper

1. Trim beets, reserving a few of the nicest leaves. Place the beets in a pot, cover with cold water and add a pinch of sea salt. Bring to a boil and boil for 25 minutes or until tender. Rinse under running water and peel away the skin.

2. Arrange the beet leaves, beets, arugula, sugar snaps and blood oranges on a platter. Combine olive oil, white wine vinegar, oregano, salt and pepper and drizzle over the salad.

**Serves 6**

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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