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BEETS



Select beets that are firm, round, with a slender tap root (the large main root), a rich, deep red color, and are smooth over most of the surface. Avoid elongated beets with round, scaly areas and wilted, flabby beets.

Wash beets and sort according to size. Trim tops, leaving 1/2 inch of stems and tap root.

Cook in boiling water until tender--20 to 30 minutes for small beets; 40 to 50 minutes for larger beets. Cool promptly in cold water. Peel. Leave baby beets whole. Cut medium or large beets in 1/2-inch cubes or slices; halve or quarter very large slices.

FREEZING BEETS

Pack cooked beets into containers, leaving 1/2-inch headspace. Seal. Freeze; store at 0° F. or below.

CANNING BEETS

Pack cooked beets in jars leaving 1/2-inch space at top. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling water leaving 1/2-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars	30 minutes
Quart jars	35 minutes

PICKLED BEETS

Pack cooked beets into jars. Add 1/2 teaspoon salt to pint jars; 1 teaspoon to quarts. Cover with boiling pickling sirup made with 2 cups vinegar and 2 cups sugar. Leave 1/2-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in boiling water bath canner (212° F.).

Pint jars	30 minutes
Quart jars	30 minutes

MF-132 Canning and Freezing - General Information has directions for processing in a boiling water bath canner and in a pressure canner.

The small amount of salt used adds flavor but may be omitted.

Information adapted from USDA Home and Garden Bulletins by Jo Anne Barton, Extension Specialist, Foods and Nutrition.

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