

September



Mobile Pantry Schedule September 2017

Date	City	Facility	Address	Zip Code	Hours
9/5/2017	Yale	7th Day Adventist Church	19155 Courthouse Road	23897	9:30-11:00
9/7/2017	Chesapeake	Lake Ahoy	3940 Airline Blvd.	23321	9:30-11:00
9/8/2017	Franklin	National Guard Armory	900 Armory Dr.	23851	9:30-11:00
9/9/2017	Portsmouth	Craddock	39 Afton Pkwy	23702	9:30-11:00
9/11/2017	Virginia Beach	Church of the Holy Apostles	1593 Lynnhaven Pkwy	23453	9:30-11:00
9/14/2017	Smithfield	Littles Market	518 Main	23430	9:30-11:00
9/21/2017	Virginia Beach	Plaza Baptist	245 S Rosemont	23452	9:30-11:00
9/22/2017	Suffolk	TASA:Healthy Suffolk	400 Bank Street	23434	9:30-11:00
9/25/2017	Portsmouth	Parkview Elementary	260 Elm Ave.	23704	9:30-11:00
9/26/2017	Courtland	Courtland Baptist Church	22264 Main Street	23837	9:30-11:00
9/28/2017	Ivor	Mill Swamp	6329 Mill Swamp Rd.	23866	9:30-11:00
9/29/2017	Portsmouth	Miracle of Faith	30 Claremont Dr.	23702	9:30-11:00

The Foodbank of Southeastern Virginia
and the Eastern Shore is a proud member of:



Shop and Save

- Beets should be round and firm with smooth skins and a deep color. If the greens are attached, they should be fresh, not wilted.
- Small to medium sized beets (up to 2½ inches across) have better flavor. Choose beets that are about the same size so they will cook evenly. The larger the beet, the longer the cooking time will be.
- Fresh beets are available year round but might be cheaper and fresher in summer and early fall!
- Buying canned beets might save you money and time.

Beet Basics

Beets are a good source of riboflavin, which helps build healthy red blood cells.



Types of Beets

Red beets are a deep reddish-purple color. They are commonly found canned as whole, sliced, diced, julienned (grated) or pickled.



Golden beets are a little sweeter than red beets.



Chioggia beets have red and white rings inside.

White beets are white to pale yellow.

Look for Chioggia and white beets at farmers' markets or try growing them.



Store Well Waste Less

- You can use beet greens raw in salads or cooked as a side dish. Remove leaves from beets, if still attached, and store separately in an open bag. Use within 2-3 days.
- Store unwashed beets in open or perforated plastic bags (20 holes per medium bag) in the refrigerator. Use within 3 weeks. Scrub gently under running water before cooking.
- Cooked beets can be frozen. Package in freezer bags, press out the air, seal, label and date. For best quality use within 10 to 12 months.



- 1 pound fresh beets = 2 medium beets with tops = 3 medium, trimmed = 2 cups sliced or diced
- 15 ounce can of beets = about 1 cup drained

Cooking Fresh Beets

Shorten time to make a recipe - cook beets ahead. Cook beets until they can be pierced to the center with a fork or dull knife. Refrigerate; use within 5 days.

Keep nutrients and color - cook beets with the skin on and some stem and root attached.

The skin rubs off easily after cooking. Hold the beet with a paper towel or plastic bag to keep your hands from becoming stained.

Cook whole, unpeeled beets:

Microwave - pierce the skin and place in microwave-safe dish with 2 to 4 tablespoons of water. Cover and microwave on HIGH for 10 to 15 minutes depending on size and number of beets.

Bake - wrap each beet in foil. Cook for 1 hour in a 350 to 400 degree oven or 2 to 4 hours on HIGH in a slow cooker.

Boil - cover with water and simmer for 30 minutes or more depending on size.

Steam - place in a steamer basket over boiling water in a covered saucepan for 45 minutes or until tender.

Cook peeled and quartered beets:

Roast - in a baking dish for about 45 minutes in a 400 to 425 degree oven.

For more information:
www.foodbankonline.org/GetHelp

Tropical Beets

Ingredients:

- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- ¼ teaspoon salt
- 1 can (8.75 ounces) pineapple tidbits in 100% juice
- 1 tablespoon margarine or butter
- 1½ cups sliced beets, cooked from fresh or canned/drained

Directions:

- In a small saucepan combine sugar, cornstarch and salt. Stir in pineapple tidbits with juice.
- Cook over medium heat until mixture boils and thickens, stirring occasionally.
- Add margarine or butter and beets. Cook until heated through, about 5 minutes. Serve warm or cold.
- Refrigerate leftovers within 2 hours.