

Beets

Though we normally grow beets for their roots, beet greens can also be prepared and enjoyed. In the summer, pickled beets are a delightful side dish; in the fall, beets can be added to salads for a hit of color and flavor. Although we're most accustomed to the rich deep red color of beets that are traditionally grown, new varieties have been developed in a wide array of colors. Sweet and tender, beets are ready for harvest 50 to 75 days after planting, when the roots reach one to four inches.

Growing: When/Where to Plant

Plant from seed in the garden 4 to 6 weeks before the last spring frost. Fall planting should be done 8 to 10 weeks before the first estimated frost date.

Soil Requirements

Beets like deep and well drained soils with a pH of 6 to 6.8. They do not fare well in heavy clay soils.

Fertilizer

Get a soil test done before planting. Follow the recommendations if lime applications are needed to raise the pH in acidic soils, or if soil macronutrients need to be supplemented.

How to Plant

Plant in garden soil from seed; do not use seedlings or transplants.

Harvesting

In 50 to 75 days, beets should be ready for harvest. After pulling the beets up you can prepare the greens and the beets.

Special Info: recommended varieties for our area include Ruby Queen and Red Pack.

MORE RESOURCES AND INFORMATION:

Central NC Planting Calendar for Annual Vegetables, Fruits and Herbs

<https://content.ces.ncsu.edu/central-north-carolina-planting-calendar-for-annual-vegetables-fruits-and-herbs>

NC Extension Gardener Handbook – chapter 16, Vegetable Gardening

<https://content.ces.ncsu.edu/extension-gardener-handbook/16-vegetable-gardening>

Vegetable Gardening: A Beginner's Guide

<https://content.ces.ncsu.edu/home-vegetable-gardening-a-quick-reference-guide>

NC Extension Gardener Plant Toolbox: <https://plants.ces.ncsu.edu/plants/beta-vulgaris-garden-beet-group>

LIST COMPILED AND DISTRIBUTED BY NC STATE EXTENSION MASTER GARDENERSM VOLUNTEERS, GUILFORD COUNTY
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