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Beets Food Preservation Series
Michigan State University Extension Service
Shirley Hamman, Allegan County, Kathleen Staskiewicz, Ottawa, Penny Ross
Food Science and Human Nutrition
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2 pages

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**AVAILABILITY**

Late July to late October

**TRIM LOSS**

About 10 percent from taproot and stems.

**YIELD**

<table>
<thead>
<tr>
<th>Fresh</th>
<th>Frozen</th>
</tr>
</thead>
<tbody>
<tr>
<td>2½ to 3 pounds (without tops)</td>
<td>2 pints</td>
</tr>
<tr>
<td>13½ pounds (without tops)</td>
<td>canner load of 9 pints</td>
</tr>
<tr>
<td>21 pounds (without tops)</td>
<td>canner load of 7 quarts</td>
</tr>
<tr>
<td>1 bushel (without tops) (52 pounds)</td>
<td>35 to 42 pints frozen</td>
</tr>
<tr>
<td></td>
<td>15 to 20 quarts canned</td>
</tr>
</tbody>
</table>
| | (3 pounds per quart)

**FREEZING**

Select beets no more than 3 inches across. Beets larger than 3 inches in diameter are often fibrous. Trim off beet tops, leaving an inch of stem and roots to reduce bleeding of color. Wash and sort according to size.

Cook in boiling water until tender—small beets, 25 to 30 minutes; medium-sized beets, 45 to 50 minutes. Cool promptly in cold water. Remove skins and cut into slices or cubes. Beets with a diameter of 1 to 2 inches are preferred for whole packs.

Pack beets into containers, leaving ½ inch headspace. Seal, label and freeze.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. A cubic foot will hold 7.4 gallons.

If after 12 to 24 hours the lid is unsealed, examine and replace jar if defective, use a new lid and a screw band, and REPROCESS as before. Dump out beets and liquid into a pan, reheat until boiling, fill hot jars with beets and liquid, leaving 1 inch headspace. Place NEW LIDS and screw bands on jars and process for the time recommended on back. When jars have sealed and cooled, remove, wash and store screw bands separately.

Beets are best if consumed within a year and safe as long as lids remain vacuum sealed.

Prepare beets: Trim off beet tops, leaving an inch of stem and roots to reduce bleeding of color. Scrub well. Cover with boiling water. Boil until skins slip off easily—about 15 to 20 minutes. Cool promptly in cold water. Remove skins and cut into slices or cubes. Beets with a diameter of 1 to 2 inches are preferred for whole packs.

Pack beets into containers, leaving ½ inch headspace. Seal, label and freeze.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. A cubic foot will hold 7.4 gallons.

If after 12 to 24 hours the lid is unsealed, examine and replace jar if defective, use a new lid and a screw band, and REPROCESS as before. Dump out beets and liquid into a pan, reheat until boiling, fill hot jars with beets and liquid, leaving 1 inch headspace. Place NEW LIDS and screw bands on jars and process for the time recommended on back. When jars have sealed and cooled, remove, wash and store screw bands separately.

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**RECOMMENDED VARIETIES**

Detroit Dark Red, Honey Red, Little Ball and Ruby Queen are excellent varieties for canning. Try Little Ball for pickling.
25 minutes, depending on size. Cool, remove skins, and trim off stems and roots. Leave baby beets whole. Cut medium or large beets into ½-inch cubes or slices. Halve or quarter very large slices. Add 1 teaspoon of salt per quart to each jar, if desired. Fill jars with hot beets and fresh hot water, leaving 1 inch headspace. Adjust lids and process.

### Pickled Beets (about 8 pints)

The boiling water canner method is acceptable for pickled beets because the added vinegar makes them an acid food.

- **7 pounds of 2- to 2½-inch diameter beets**
- **4 cups white or cider vinegar (5% acidity)**
- **2 cups sugar**
- **1½ teaspoons canning or pickling salt**
- **2 cups water**, \( \frac{2}{3} \) cup prepared horseradish, if desired


#### Variations

- **Pickled whole baby beets.** Follow above directions but use beets that are 1 to 1½ inches in diameter. Pack whole—do not slice. Onions may be omitted.

### Hot Style

- **2½-inch diameter. Pack whole—do not slice. Onions may be omitted.**

#### Process times (in minutes)

- **0-1,000 ft.**
- **Above 1,000 ft.**

<table>
<thead>
<tr>
<th>Style of pack</th>
<th>Jar size</th>
<th>Process time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Pints</td>
<td>30 min.</td>
</tr>
<tr>
<td></td>
<td>Quarts</td>
<td>35</td>
</tr>
</tbody>
</table>

### Process times (in minutes)

- **0-2,000 ft.**
- **2,001-4,000 ft.**
- **4,001-6,000 ft.**
- **6,001-8,000 ft.**

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</tr>
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<td></td>
<td>Quarts</td>
<td>35</td>
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### Red Flannel Hash (serves 6)

<p>| | |</p>
<table>
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<tr>
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<tbody>
<tr>
<td>4 cups potatoes, peeled, cooked, finely chopped</td>
<td>1 cup heavy cream</td>
</tr>
<tr>
<td>1½ cups beets, cooked, finely chopped</td>
<td>1 tablespoon margarine</td>
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<tr>
<td>½ cup onion, finely chopped</td>
<td>salt, pepper, celery salt, if desired</td>
</tr>
<tr>
<td>1 cup corned beef, cooked, finely chopped</td>
<td>1½ teaspoons salt</td>
</tr>
</tbody>
</table>

Mix chopped vegetables and meat lightly. Add seasoning. Moisten mixture with cream. Melt margarine in heavy frying pan. Place vegetable/meat mixture in pan, spread evenly. Brown over low heat (5 to 10 minutes). To serve, fold one half over the other so crusty bottom is on top.

Prepared by Sandra L. Andrews, Ph.D., R.D., Extension Specialist, Department of Food Science and Human Nutrition, Michigan State University.

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