

# Standard Process



*"We have not become smart enough to change the products provided by nature into counterfeit substitutes."*

—Dr. Royal Lee



*"The only way to judge as food. That is by its effects as a food"*

—Dr. Royal Lee

## Grown Organically

Located in Palmyra Wisconsin, right in the Kettle Moraine Basin sits the Standard Process farm. This farm is 420 acres of certified organic farmland. Christine Mason the lead agronomist on the farm promises that there will never be anything genetically modified or synthetic in their food. All of the seeds they use at Standard Process are certified organic. This farm has produced 7.5 million pounds of plants, since it has been opened, 85 years ago.

## Sustainable Practices

At Standard Process one of their priorities is sustainability. There are 35 crops grown on the farm all in extensive rotation every season. The farm implements pollinator gardens not only for their own use but for the bees and butterflies as well. Every year they implement the use of cover crops on at least one acre of land whose only job is to feed the soil. One of their main focuses is to create a living biosystem within the soil. This makes sure their produce is extra healthy.

## Water and Infestation Control

The farm is irrigated from an 'artesian flowage' on the farm. This is basically a naturally occurring well. This allows the farm to produce effectively even in cases of droughts. They never use pesticides on the farm, so weeds and pest control is handled by hand, several of the crops are hand weeded, some of them are mowed. But all of the waste on the farm is pressed and then turned into compost. One of the most widely produced crops on this farm is beets.

*"I believe that managing the health and vitality of this farm's soil and crops is a critical contribution to our end product."*

—Christine Mason, Standard Process Farm Manager



## Growing Beets

### Sowing Seed

Beets can be directly sown into the soil mid-April through mid-July. Seeds should be sown about 7-8 inches apart for optimal growing. Beets are biennial which means that they only flower every two years. If you want to collect seed you must wait until the second year.

### Growing Conditions

Beets are a full sun, part shade plant. They tolerate low soil fertility and are very easy to grow. Beets can be watered every 10-14 days during dry conditions. Beets are a cool weather plant similar to Kale and Lettuces, they grow almost all year round.

### Harvesting Beets

Beets are planted in early spring and can be harvested from July through October. Beets are a very hearty vegetable. It takes about 60 days for a beet to reach optimal growth. However be careful not to let your beets grow too big, because they start to lose flavor. A sign that it is time to pick beets is when the foliage starts to go limp.

### Crop Rotation

Beets are similar to Swiss Chard and Spinach so these plants should never follow beets in a bed. It is important to all vegetables to make sure that crops are rotated.

### Soil Tilling

Beets require well tilled soil. If the soil is too firm the beets will not grow properly. It takes about four ploughs in order for the soil to be of optimal planting quality.



## Let there be Beets.

### Let's Talk Nutrition

Beets are good for many things. They are packed full of antioxidants. They have been called a blood purifier. They are also phenominal for gallbladder, liver and kidney function. Similar to other root vegetables beets have a starchy quality. Beets have vitamins called betalins. Beets have also been said to be natural anti-inflamitory and detox. Some of the health benefits of beetroot include, lowering blood pressure, a boost in stamina, it is rich in fiber and other important nutrients. In addition to being

really healthy beets are also delicious. There are several ways to prepare beets.

### Nutrition Facts

|  |                     |
|--|---------------------|
| Serving Size 136 g   |                     |
| <b>Amount Per Serving</b>  |                     |
| Calories 58  | Calories from Fat 2 |
| <b>% Daily Value*</b>  |                     |
| Total Fat 0g   | 0%                  |
| Saturated Fat 0g   | 0%                  |
| Trans Fat  |                     |
| Cholesterol 0mg  | 0%                  |
| Sodium 106mg   | 4%                  |
| Total Carbohydrate 13g   | 4%                  |
| Dietary Fiber 4g   | 15%                 |
| Sugars 9g  |                     |
| Protein 2g   |                     |
| Vitamin A 1%   | Vitamin C 11%       |
| Calcium 2%   | Iron 6%             |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                     |
| NutritionData.com  |                     |

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## Time to Get Serious, How do We Cook Beets?

There are several ways to cook beets, everything from roasting and juicing to making soups and side dishes. We are going to look at just 2 ways to cook beets.



### Cooking Beets 101.2

My absolute favorite way to eat beets is roasted. This is super simple.

Preheat the oven to about 350°

First you are going to take your beets make sure to wash them but leave the skin on (if you don't all of the good juices will leak out).

Put the beets in the oven, usually they will take about 45 minutes to an hour to cook through. But it really depends on the size of the beet. Stick a fork in it and when they are soft that means they are done . The skin will peel off.

## Cooking Beets 101:

### Sauteed Beet Greens:

A really delicious way to eat beet greens is sautéed.

What you need:

The tops off of 1 or several beets

Salt

Pepper

Lemon

Red wine

Orzo

Olive oil

Your first step will be to chop off the tops of the beets. Next you will need to chop it up in to about 1 inch pieces.

Put the beet greens in a hot cast iron pan with olive oil. Salt and pepper to taste. When the beet greens start to wilt and soften add the orzo in to the pan.

Add a little lemon juice and just a hint of red wine.

Next you are going to have to add water. Just enough to cover everything. Cook until the orzo is al dente about 7-8 minutes.

Optional: Fresh tomato and Avocado to



Lorem Ipsum

<http://www.heirloom-organics.com/guide/va/guidetogrowingbeets.html>

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2348/2>

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<https://www.youtube.com/watch?v=zEta7oc865E>

<http://www.motherearthnews.com/organic-gardening/vegetables/growing-beets-zm0z12fmzkon.aspx>

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