

# ORGANIC BEETS

Growing Instructions  
Hortiki Plants Eco-friendly Seed Starting Kits



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Plant Love

Hortiki Plants is here to truly support your gardening journey.  
This is just the beginning!

If you need additional support let us know! Share pictures of your plants and get specific feedback. Hortiki is always here to help!

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CONTACT@HORTIKIPLANTS.COM  202.735.1511

# READY, SET, GROW!



## PREP GROWING MEDIA

Soak the coco brick in 1 gallon of warm water. Coir will expand to 2 gallons of ready to use coir potting mix. Drain well. Hydrate organic soil wafers by adding water a little at a time. Once hydrated, mix the coco coir and soil until well blended. Add mixture to grow bag.

## PLANT SEEDS

The beet "seeds" in your packet, are actually pods that contain several seeds. Soak 12 pods overnight.

After soaking, use your finger to make 6 holes, about 1 inch deep spaced evenly in your container.

Plant two seeds per hole. Cover with soil and pat lightly to secure.

Place in sunny area and wait for seeds to sprout (4-7 days).

Water as needed.

## **MONITOR LIGHT, MOISTURE, NUTRIENTS**

Once seeds have germinated move to a bright sunny spot. (6+ hours of direct sunlight.).

If your seedlings grow thin and weak they are not getting enough light. You'll know they are in the right spot when you see sturdy stems and dark leaves.

Keep moist but never soaking wet. Water every 2 days or when the top inch of soil feels dry. (Let water drain fully before placing container back into your biodegradable tray.) If leaves starts to droop, water more frequently.

To enhance growth add organic compost or worm castings after 4 weeks and continue regularly until harvest.

## **HARVEST**

Your beets should be ready for harvest in approximately 50 days. Smaller beets are more tender and flavorful and all parts of the plant are edible

To check the size of your beets, gently uncover the soil around the shoulders (the top part of the root at the base of the stem). If you are satisfied with the size, harvest by gently pulling the root from the soil.

This can be done by grasping the base of each stem and pulling up. The root should break free easily.

After harvesting, immediately wash and separate the leaves from the roots. Leaves are edible. Store leaves in the refrigerator for up to a week and enjoy in salads, stirfrys and smoothies.

Roots can be stored for up to two months in a cool and dry location.

# Carrot and Beet Latkes

## Ingredients

2 cups coarsely grated, peeled beets  
2 cups coarsely grated, peeled carrots  
1 small onion or 1/4 cup chopped green onion  
1 large egg  
1/4 cup all-purpose flour  
1/4 tsp salt  
1/4 tsp black pepper  
Dash of garlic powder and/or paprika (optional)  
1/4 cup cooking oil



## Directions

- Grate beets and carrots and set aside.
- Grate onion (or chop green onion). Squeeze out liquid into clean towel, then transfer to bowl. Add egg, flour, salt, pepper, and optional seasonings, and toss until ingredients are well combined. Add grated beet and carrot, and toss until just combined.
- Heat 2 tbsp of oil in a large frying pan on medium heat. Drop 1/4 cup mixture into pan for each latke, and use the back of a spatula to slightly compress.
- Fry for 2 to 3 min per side or until latkes are cooked through and lightly browned. Place on a paper towel lined baking sheet. Repeat until all latkes are cooked, adding remaining 2 tbsp oil to pan as needed. Serve with plain Greek yogurt or sour cream (with seasonings of choice) for dipping if desired.

## Fun Facts+

Beet greens contain twice the potassium than the beet root and are high in beta carotene and folic acid.

The largest beet ever grown weighed 156 pounds.

It is believed that nightly scalp massages with the cooled water from boiled beets is an effective cure for dandruff.

## Roasted Root Vegetables

### Ingredients

10- 20 roots (radish, carrots, beets, etc.)

1 1/2 tablespoons olive oil

Coarse salt

1 teaspoon fresh lemon juice

### Directions

- Preheat oven to 450°F.
- Brush large heavy-duty rimmed baking sheet with olive oil.
- Clean vegetables well by rinsing with water. Cut off tops of roots, chop coarsely, and set aside.
- Cut roots lengthwise in half and place in medium bowl.
- Add 1 & 1/2 tablespoons olive oil and toss thoroughly to coat.
- Place vegetables, cut side down, on prepared baking sheet; sprinkle lightly with salt.
- Roast until vegetables are crisp but tender, tossing occasionally, about 18 minutes.
- Transfer roasted vegetables to serving bowl and drizzle with fresh lemon and chopped leaves.



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Hi! My name is Dr. Victoria LeBeaux.

I'm the founder of Hortiki Plants and I truly appreciate your support for small business! Here's a little bit about Hortiki Plants' mission to share love in all that we do. You power this mission and Hortiki Thanks you!



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I want to help you live your best plant life, no matter how small your space or how little gardening experience you have.



## The Planet

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