

# FROM PATCH TO PLATE

Five Delicious Ways with...



# Beetroot



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes, with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick

This edition features beetroot - sweet, earthy, and glowing with rich ruby-red goodness.



# Beetroot In a Nutshell

## How to Enjoy!

- **Cooked:** Roast whole, steam, boil, grill in wedges, or grate into patties and fritters.
  - **Tip:** Use the beet greens too - sauté or stir into soups for extra nutrition!
- **Flavour Pairings:** Beetroot shines with balsamic, citrus, goat cheese, cumin, walnuts, dill, and yogurt.
- **Preserved:** Roast and freeze in chunks for later, or pickle thin slices for sandwiches and salads.

## Nutrition Highlights!

- **Folate** → Supports cell repair, growth, and healthy DNA synthesis
- **Nitrates** → Help support heart health and blood pressure regulation
- **Vitamin C** → Boosts your immune system and aids iron absorption
- **Fibre** → Promotes gut health and helps keep digestion regular

### ☀️ Fun Fact ☀️

Beetroot was once used as a natural lipstick and dye!

Its deep red pigment can colour everything from your fingers to frosting... and even your cheeks!

## Growing Conditions

- **When to plant (subtropical):** All year round but avoid very hot
- **Time to sprout:** 5-10 days
- **Plant height:** 30cm
- **Time to harvest:** ~2 months

## Harvesting tips

- Harvest when the beetroot bulbs are about 5–8 cm wide - young beets are sweeter and more tender.
- Use a garden fork or your hands to gently loosen the soil and lift the beetroot out by the base of the stems.
- Twist off the leafy tops (leave ~2 cm of stem) to stop moisture loss and bleeding from the root.

## How to Store

- Keep unwashed in a paper bag or perforated plastic bag in the fridge crisper.
- Moisture speeds up spoilage, only wash just before use.
- Stays fresh for up to 1 week if stored properly.





# Breakfast: Beetroot “Lox” Bagel with Whipped Ricotta

*Prep: 10 mins | Cook: 0 mins (+marination) | Serves: 1*

## Ingredients

- 4–5 very thin slices of roasted beetroots
- 1 tbsp soy sauce
- ½ tsp olive oil
- Squeeze lemon
- Pinch dill & black pepper
- 1 wholemeal bagel
- 2 tbsp ricotta, whipped with lemon zest

## Directions

1. Marinate beet slices overnight in soy, lemon, oil, and dill.
2. Toast bagel, smear with whipped ricotta, top with beet “lox” and capers or herbs.

# Lunch: Beetroot & Haloumi Taquitos with Pickled Pineapple

Prep: 15 mins | Cook: 10 mins | Serves: 2 Taquitos

## Ingredients

- ½ cup grated raw beetroot
- 2 slices haloumi
- 2 small tortillas
- ¼ cup chopped pineapple + 1 tsp vinegar + pinch chilli
- Fresh mint or coriander



## Directions

1. Grill haloumi until golden.
2. Roll beetroot and haloumi in tortillas and toast until crisp.
3. Top with quick-pickled pineapple and herbs.

# Dinner: Sticky Beetroot & Miso Noodles with Crispy Shallots

Prep: 10 mins | Cook: 25 mins | Serves: 2



## Ingredients

- ½ cup grated beetroot
- 1 tbsp white miso
- 1 tsp soy sauce
- 1 tsp maple syrup
- Udon or soba noodles
- Crispy shallots or garlic chips
- Sesame oil

## Directions

1. Sauté beetroot in sesame oil.
2. Add miso, soy, and maple to glaze.
3. Toss with cooked noodles and top with crunchy shallots.

Green Thumb Farm, Samford Valley QLD 4520.



A photograph of several shards of pink beetroot bark on a parchment-lined tray. The bark is topped with fresh raspberries and small pieces of white chocolate. The shards are broken into irregular, triangular shapes.

## Snack: Frozen Beetroot & Raspberry Bark with White Chocolate

*Prep: 10 mins | Freeze: 2 hrs | Serves: 6 shards*

### Ingredients

- ½ cup plain Greek yoghurt
- ¼ cup cooked beetroot, blended
- ¼ cup raspberries (fresh or frozen)
- 1 tbsp maple syrup
- 1 tbsp white choc chips

### Directions

1. Blend yoghurt, beetroot, maple.
2. Pour onto lined tray, swirl raspberries and sprinkle choc.
3. Freeze solid, then break into shards.

# Lunchbox-Friendly: Beetroot & Cheese Spring Rolls with Chilli Honey

*Prep: 10 mins | Cook: 12 mins | Serves: 4 rolls*

## Ingredients

- ½ cup grated beetroot
- ¼ cup shredded cheese (cheddar or mozzarella)
- 2 spring roll wrappers
- 1 tsp olive oil
- 1 tsp honey + pinch chilli flakes



## Directions

1. Mix beet and cheese.
2. Roll into wrappers, brush with oil.
3. Bake or air-fry at 200°C for 10–12 min. Drizzle with chilli honey to serve.



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# Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



*Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.*

*Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.*

*We are registered not-for-profit with the ACNC and a certified social enterprise,*