

Post-Harvest Handling of *Beets*

1

Harvest beets when beet crowns are between 1.5 and 3 inches in diameter. Beets may become tough and fibrous if harvested at a larger size.



4

Beets that are properly cooled and stored can be expected to maintain quality for 10 to 14 days with leafy tops and 4 to 6 months without leafy tops.

2

Rapid cooling of beets after harvest is essential.

Optimal storage temperature for beets is 32°F with 98-100% relative humidity.



3

For long-term storage of beets, remove tops with sanitized knife and avoid washing. Trim green tops to about two inches above the beet crown.



5

To increase storage life of beet greens, maintain a temperature of 32°F with 95% relative humidity.



This document is intended as a guide.

Always follow local, state, and federal food safety standards of produce for human consumption. Reviewers: Bryan Brady, UK Senior Extension Associate and Paul Vijayakumar, Associate Professor