

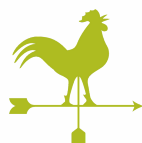
MAKE BEET VALENTINES!

Here's what you'll need:

- Beets - you will need raw whole beets for this project
- Cutting board
- Knife
- White cardstock paper - This is what you'll use to make Valentine's Day cards, but you could use regular copy paper or light colored construction paper too.
- Black marker - A black pen or fine-tipped permanent marker will be used to draw a face on your hearts or write a message on your Valentine's Day card.

Here's what you'll do:

1. **Pick out your beet:** You'll want to look for whole beets on the larger side, so you have plenty of room to cut out the heart shape. Do not cook the beets or cut them up.
2. **Cut out a heart shape:** Grab an adult and have them use a sharp knife to cut off the stalk (tops) and roots (bottom) of your beet. Then using a pattern, or a cookie cutter, or just free handing, have an adult cut a heart shape into the largest smooth side of the beet.
3. **Press onto a card:** While the beet is still freshly cut, immediately position it onto the white paper and press down with medium pressure. Lift it up to reveal a pretty magenta colored heart print. Add as many hearts to your paper as you wish!
4. **Decorate:** Allow it to dry for a minute or two, and then grab a black Sharpie to make your hearts unique. Write a sweet Valentine's Day message, draw a silly face, draw a funny scene! Whatever your little heart desires!

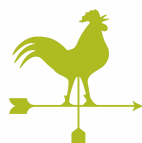


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Things to consider when making beet heart stamps:

- **How to reuse the stamp:** Since the beet will dry out rather quickly once it's been cut, to make it last, try boiling a few beets in a pot of water for about 15-20 minutes. Allow the water to cool, then ladle out about a 1/4 cup of the pink "beet water" into a shallow bowl. Dip your beet heart stamp into the beet water, dab the drips with a towel, and stamp onto your paper. This way, you can keep the project going using the same stamp for days!
- **Beet juice stains:** Although beets are naturally vibrant and beautiful, the pink color does stain, so be sure to do this project over a table cloth or towel to protect your surfaces. Also, be prepared for pink fingers! The pink wears off after a few hours, but you may consider using gloves if this bothers you.

Source: <https://sproutingwildones.com/beet-heart-stamps/>



ROGUE VALLEY FARM TO SCHOOL
Harvest of the Month