



Written and Illustrated by Rediet Mereke - Rutgers '25

Scarlet Squirrel and the Campus Beets

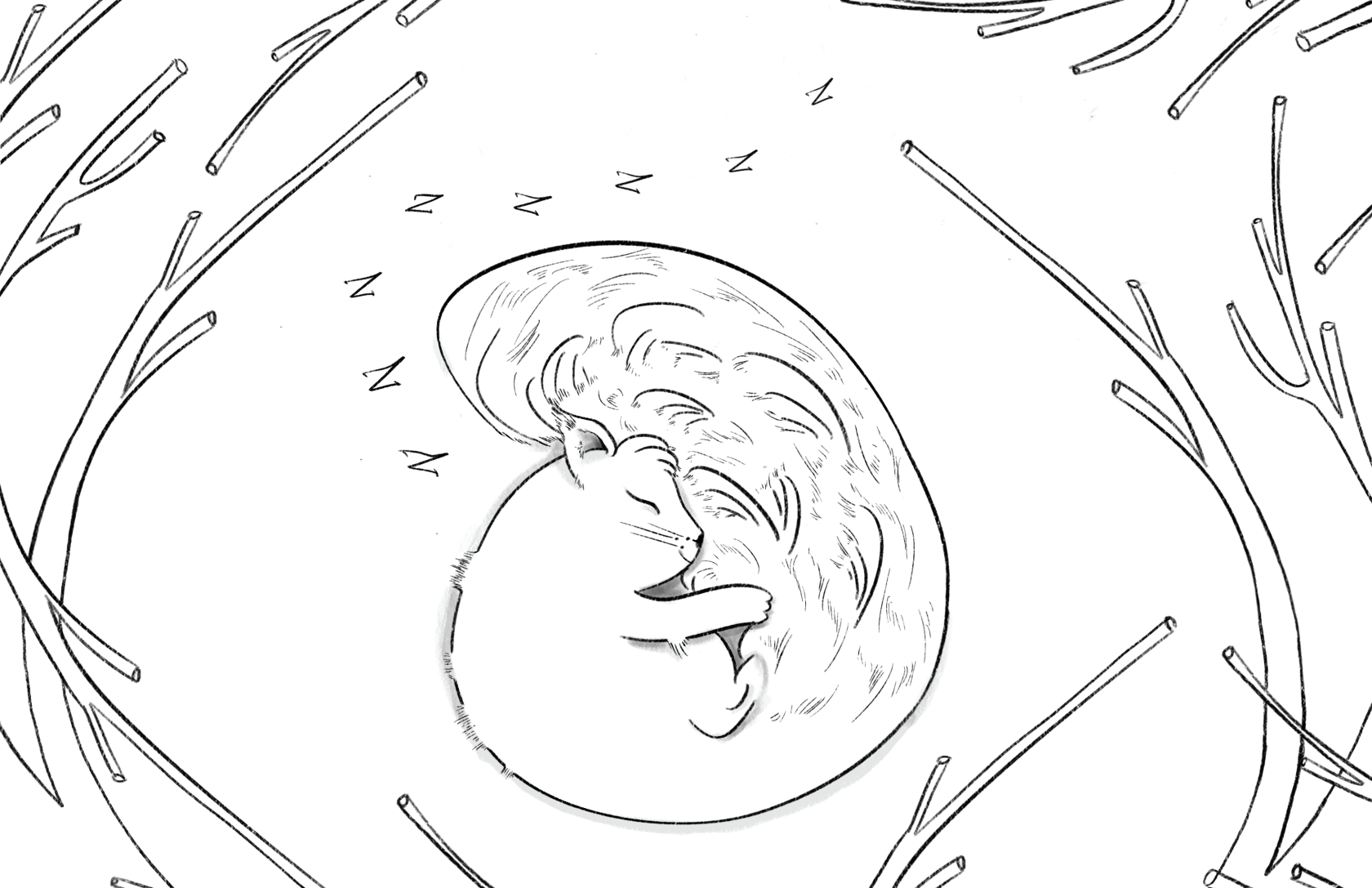
A Coloring Book Cultivating Wellness Across Campus

In partnership with:

**Rutgers Mason Gross School of the Arts - Scarlet Arts Rx
Rutgers Dining Services, New Brunswick
Rutgers Gardens**





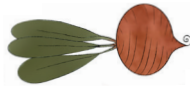


Scarlet Squirrel and the Campus Beets

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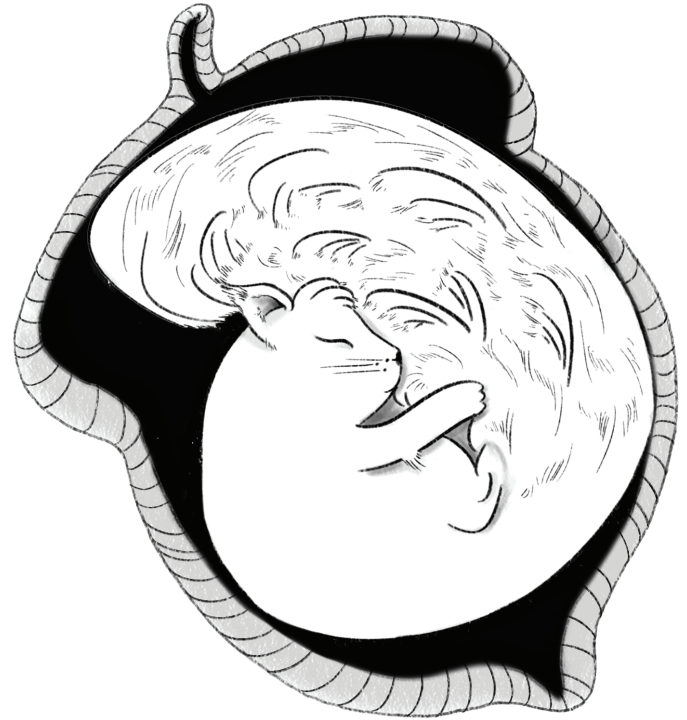


All color in this book comes from pigments extracted from real, campus-grown veggies from Rutgers Gardens.

For an in-depth look at how the pigments were extracted, view our collaborative video, Dining with a Side of Art: <https://go.rutgers.edu/diningwithart>

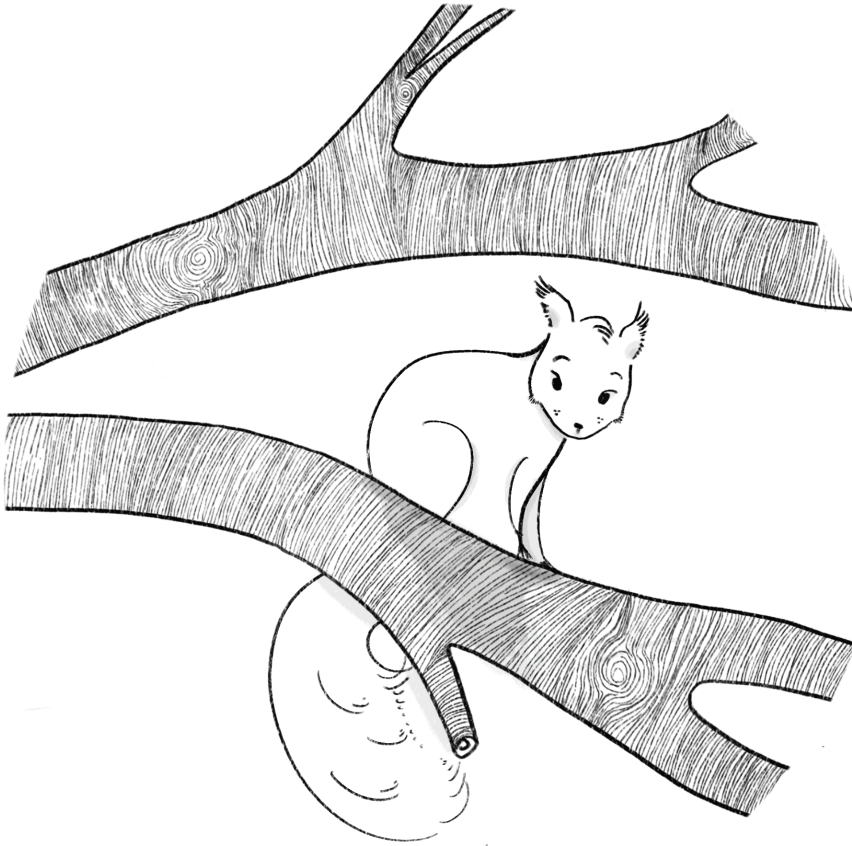


**At Rutgers Gardens,
a little red squirrel
sleeps soundly in a
little acorn shaped
hole in a tree.**





THUNK!



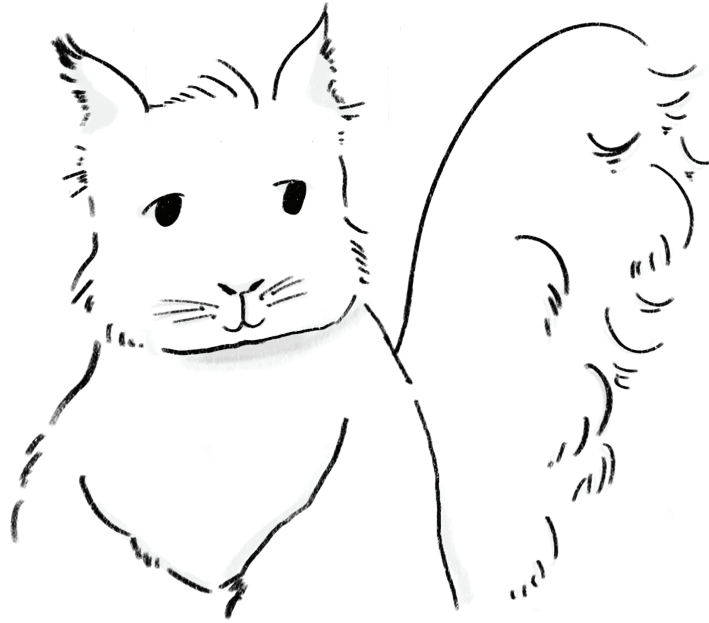
**Who is making
that noise?**

**Scarlet Squirrel
climbs out of her
hole to take a peek.**

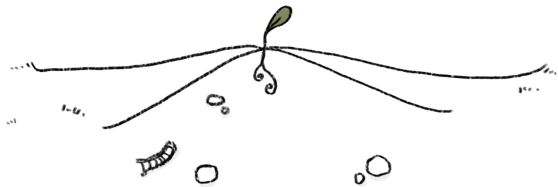


**Student farmers at Rutgers
Gardens are planting beets!**

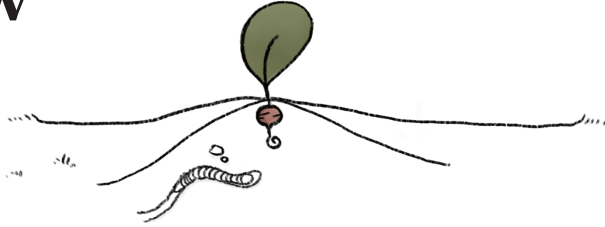
THUNK!



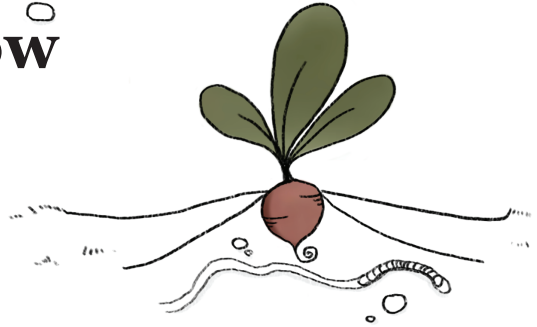
She watches as the beets grow...



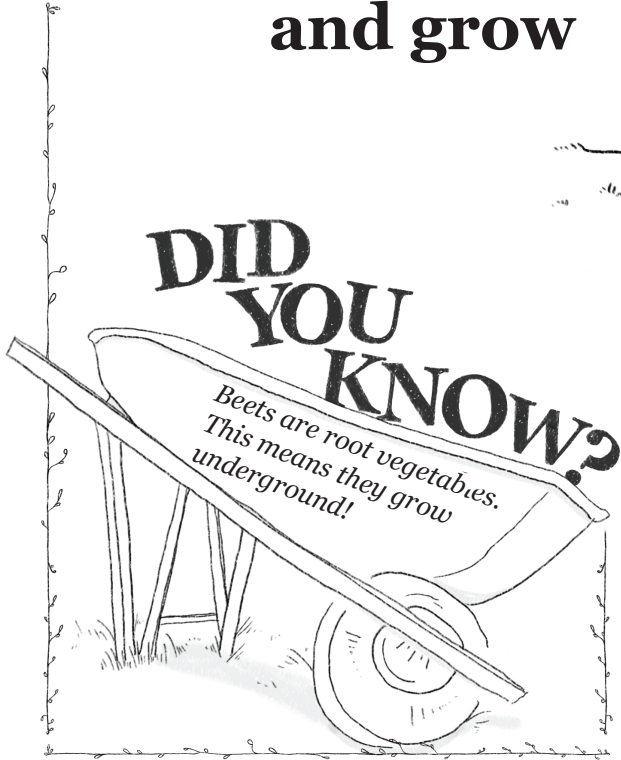
and grow



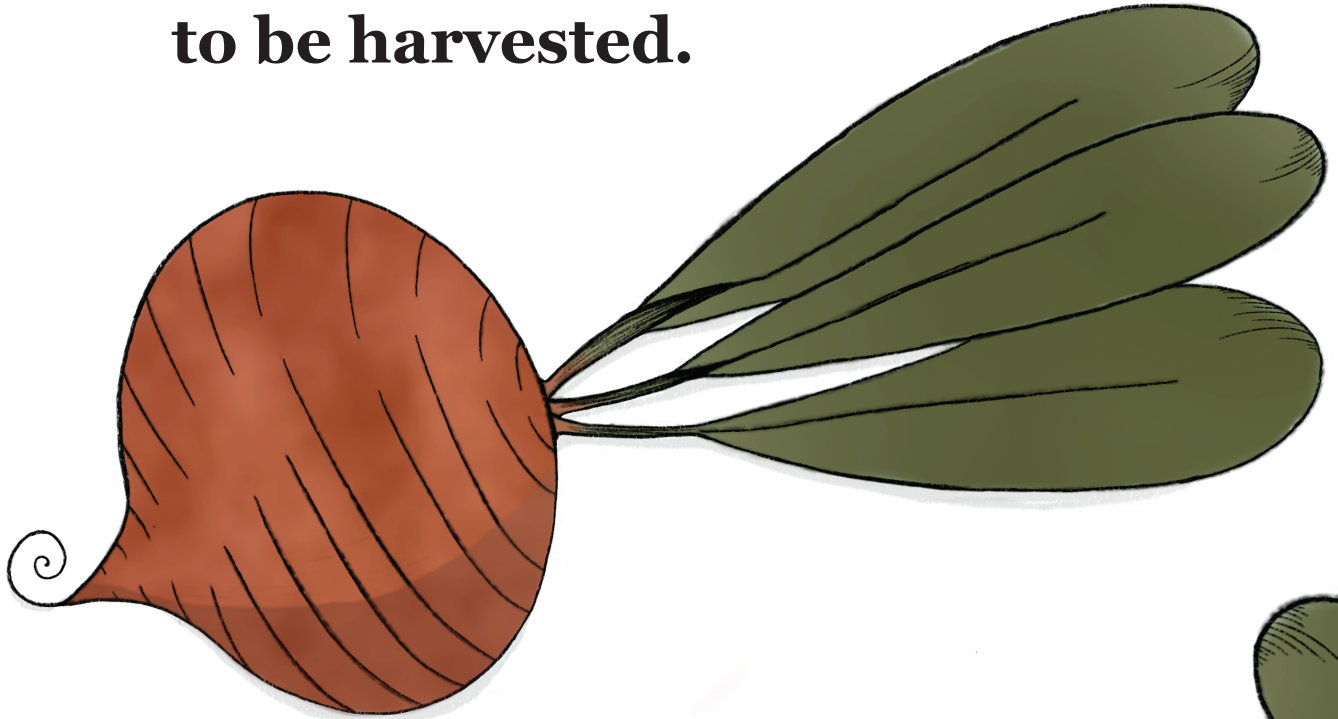
and grow



and grow



**Finally, the day is here!
The beets are ready
to be harvested.**

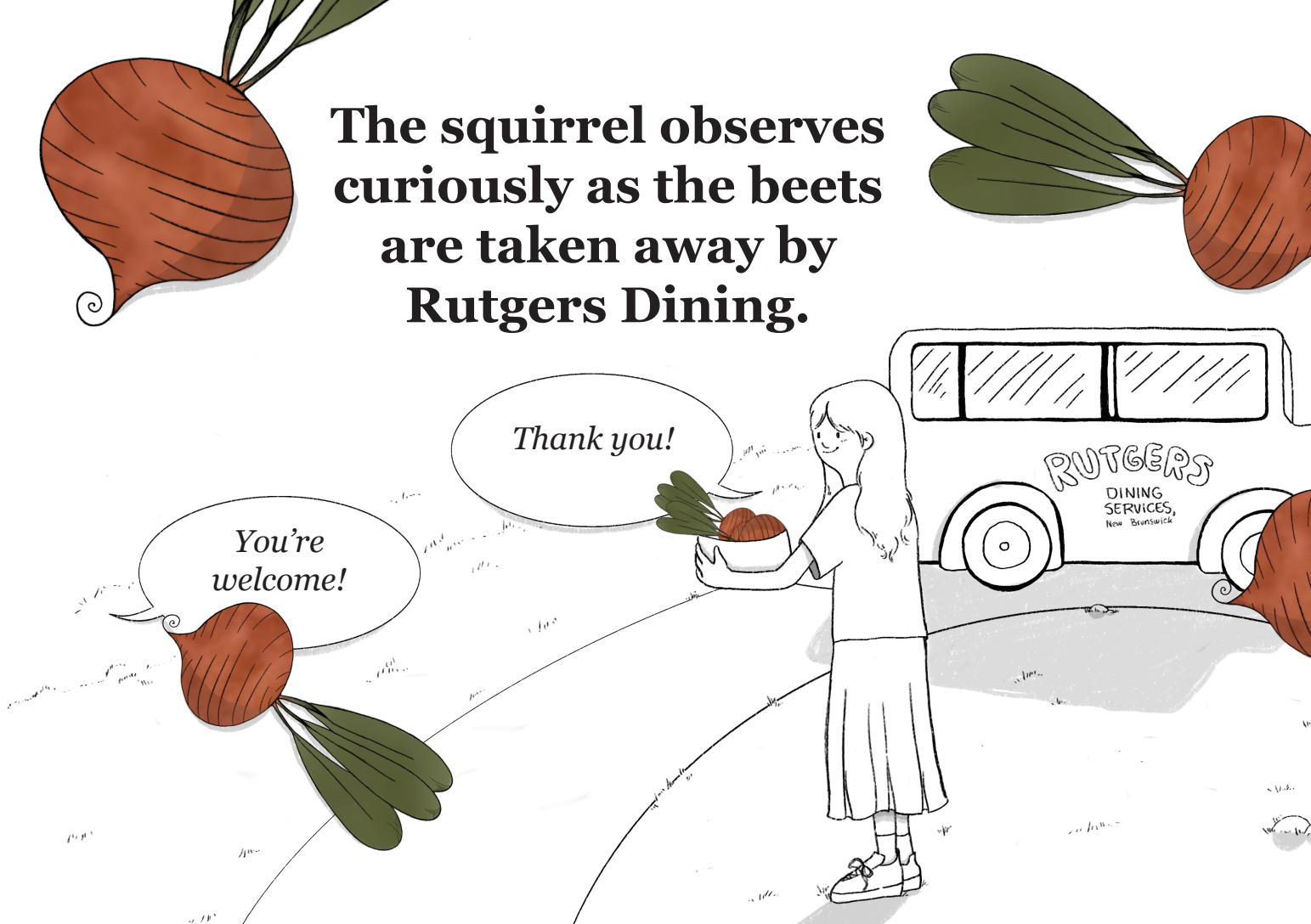


**The squirrel observes
curiously as the beets
are taken away by
Rutgers Dining.**

*You're
welcome!*

Thank you!

RUTGERS
DINING
SERVICES,
New Brunswick



A hand-drawn map of a campus. A winding road starts from the top left, goes right, then curves down and right, then loops back up and right, and finally goes down and right. Landmarks are labeled: 'BUSCH' (top left), 'LIVINGSTON' (top right, with a building and trees), 'COLLEGE AVENUE' (middle left, with a squirrel), 'DOWNTOWN-NEW BRUNSWICK' (middle right), 'DOUGLASS' (bottom right, with a road), and 'COOK' (bottom right, with a field and trees).

BUSCH

LIVINGSTON

What are they doing with those beets?

COLLEGE AVENUE

DOWNTOWN-
NEW BRUNSWICK

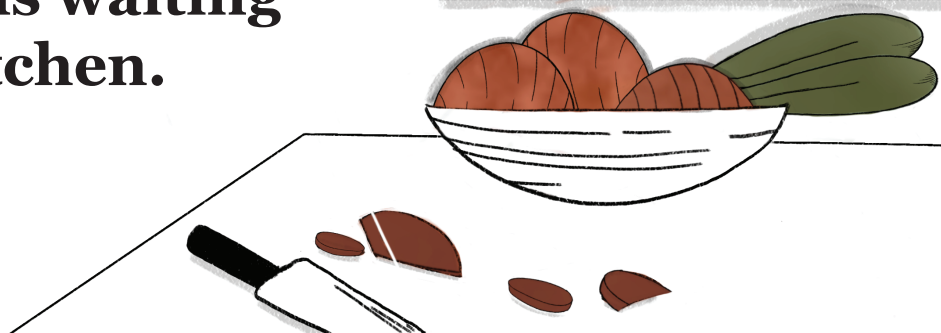
DOUGLASS

**The truck travels across
campus with Scarlet Squirrel
not far behind.**

COOK



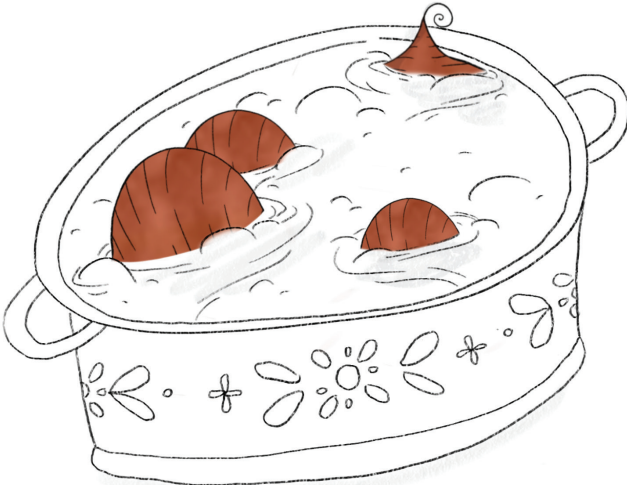
**It arrives at the Livingston
Dining Commons where
Chef Steven is waiting
in the kitchen.**



Chef Steven washes,



boils,



and peels.





He chops,



plates,

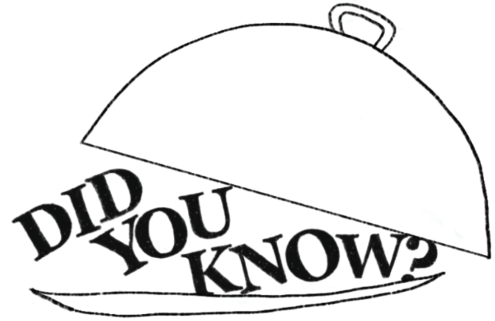


and sprinkles

Until...



He reveals a beautiful beet salad!



*Eating a rainbow of veggies helps
you grow healthy and strong!*

*Different colored foods help our
bodies in different ways.*



*Red foods, like beets, protect
your heart and lungs.*

*Orange, yellow, green, and blue
foods help us too. Power up by
eating the rainbow!*



**But Scarlet notices
that Chef Steven
isn't done yet.**

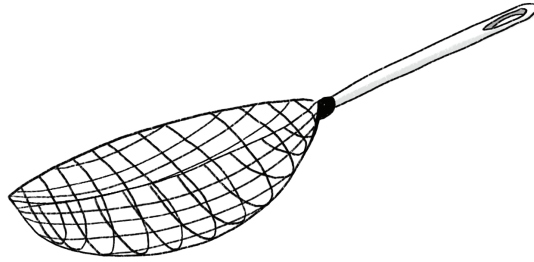


The chef is changing his uniform.

He washes more beets,

**but this time he chops
them before boiling.**





Then, he strains,

pours,

and labels.

**DID
YOU
KNOW?**

*You can boil vegetables to
create dyes. Beets make a
bright red or pink color!*

*Dyes can be used to
make art.*

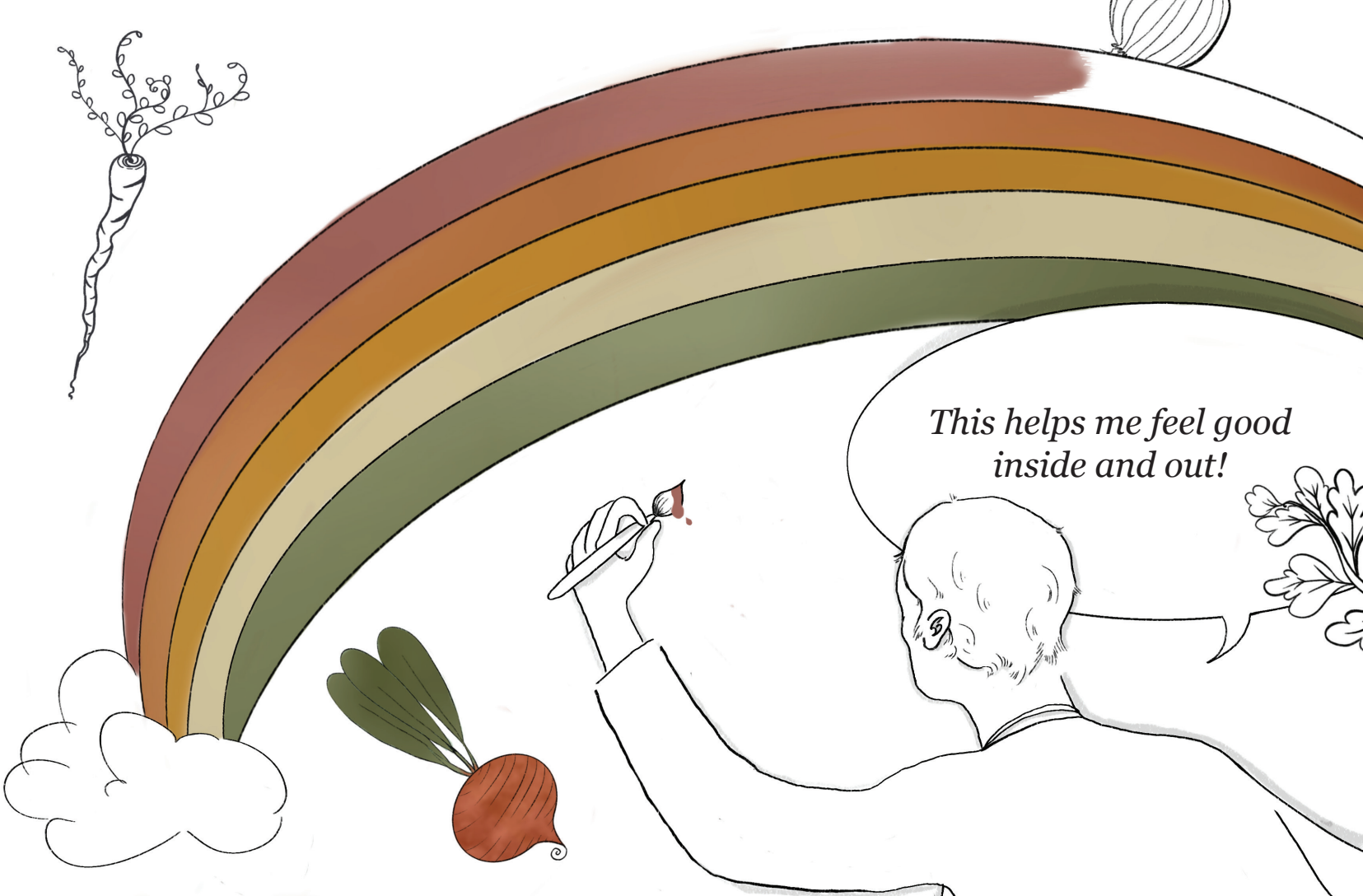




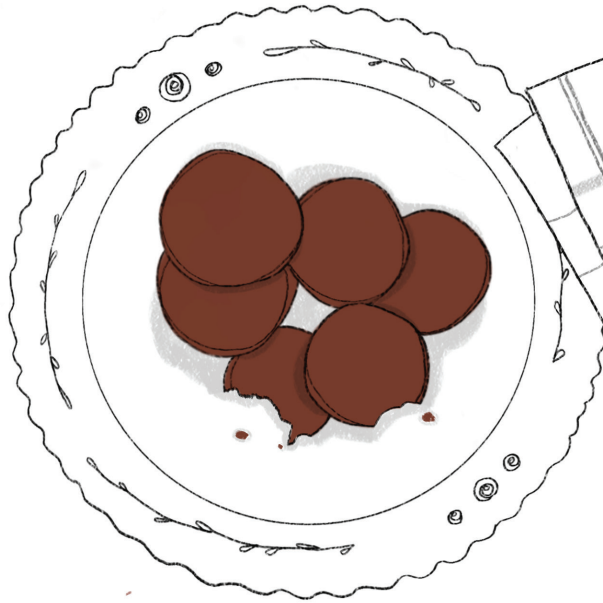
Chef Steven isn't just eating the rainbow...

He's painting the rainbow too!

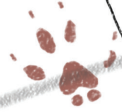


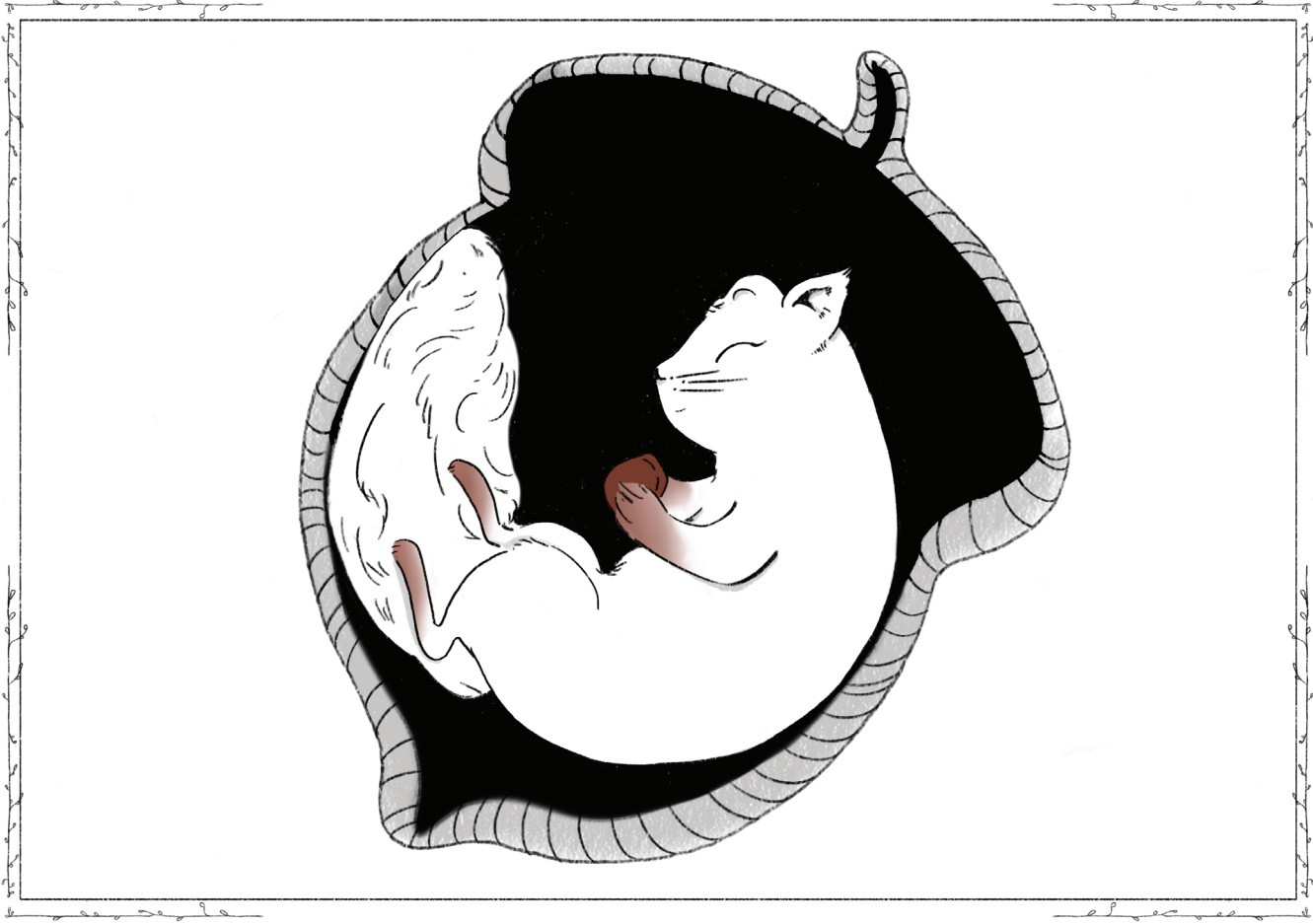


*This helps me feel good
inside and out!*



For Scarlet
Squirrel, who
has been watching
patiently - Enjoy!







Chef Steven's Roasted Beet Salad with Goat Cheese, Walnuts, and Strawberries

Drizzled with a Berry Balsamic Vinaigrette
(serves 4)

For Salad:

2 beets (roasted)
1 pint strawberries
4 oz goat cheese (crumbled)
1 cup of walnuts
8 oz mesclun mix
Salt & pepper to taste
1 oz berry balsamic vinaigrette (see below)

For Berry Balsamic Vinaigrette:

3 tablespoons olive oil
1 tablespoon balsamic vinegar
4 large strawberries
4 basil leaves
1 tablespoon honey
Salt and pepper to taste

-
1. Preheat oven to 375°F and line a baking pan with parchment paper.
 2. Wash the beets well and then roast for 1 hour or until fork tender.
 3. Let beets cool down and then peel and slice them into quarters.
 4. Season the beets with salt and pepper.
 5. Quarter strawberries and crumble the goat cheese.
 6. For the dressing, add all ingredients into a blender and blend until smooth. Season to taste, adding honey to balance the acidity in the dressing.
 7. Plate the mesclun and top with beets, strawberries, goat cheese, and walnuts. Drizzle with the dressing.

Learn more about our departments and programs by visiting:

Mason Gross School of the Arts - Scarlet Arts Rx

<https://www.masongross.rutgers.edu/events-tickets/scarlet-arts-rx/>

Rutgers Dining Services, New Brunswick

<https://food.rutgers.edu/>

Rutgers Gardens

<https://rutgersgardens.rutgers.edu/>





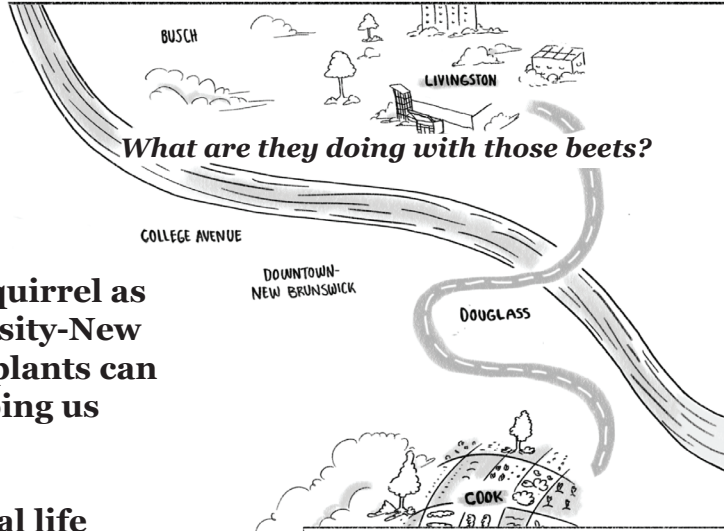
Follow the adventure of Scarlet Squirrel as she travels across Rutgers University-New Brunswick. She learns about how plants can become both food and art, helping us feel good inside and out!

Scarlet's story is based on a real life collaborative event: Dining with a Side of Art!

Scan the QR code inside to learn more!

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Rutgers Gardens**



What are they doing with those beets?

Featuring a beet salad recipe from the real life Chef Steven!

