

# — BEETS —

## What are they?

- Root vegetable that is commonly a deep red color but also comes in a wide array of reds, oranges, and yellows.
- Both the leaf and the beet root are edible
- Beets are annuals which means they need to be planted every year.



## When are they available?

- Beets grow best in a cool climate.
- In Wisconsin, beets can be grown in mid April and harvested roughly 50-60 days later.
- If kept in a cool location, beets can last 10-14 days after harvested.

## What's so cool about them?

- The first sugar factory in Poland used beets as their sugar source; not sugar cane!
- The humble beginning of the beet started in northern Africa and western Europe.
- Heart, bone, and liver health can all be improved by beet consumption.
- 70% of the RDA for folic acid in pregnant women or those trying to become pregnant can come from just three raw beets.



## Why should I eat them?

- High in anti-inflammatory and antioxidant phytonutrients
- *Great* source of:
  - \* Copper, manganese, and potassium.
- *Good* source of:
  - \* Dietary fiber which is beneficial for gastrointestinal health.

