



— BEETS —

**B**eets are a root vegetable related to radishes and swiss chard. The leaves and roots of the *Beta vulgaris* are edible. The sugar beet is popular for its production of sucrose, a common sweetener.

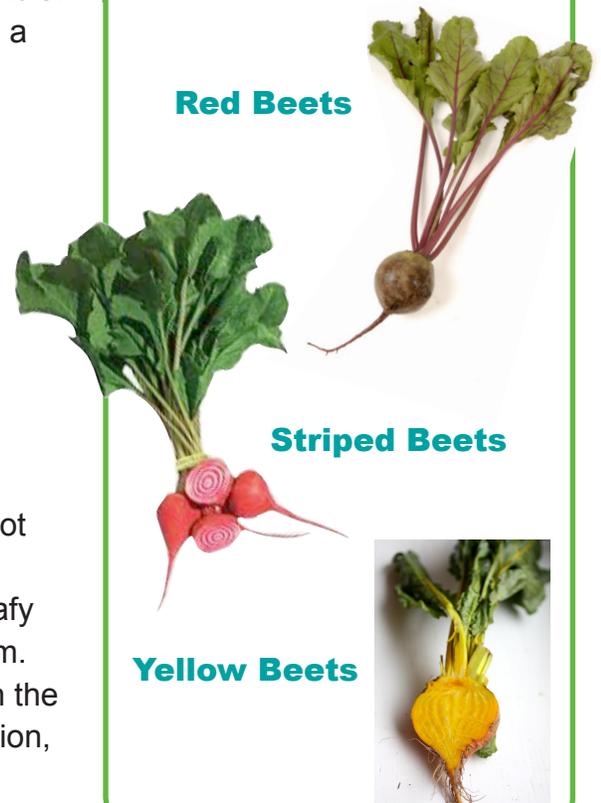
**History**

Beets are believed to originate from the shores of the Mediterranean, later spreading to Babylonia and into Asia during 8th century B.C. Evidence from Aristotle hints that beets were grown throughout history mainly for their leafy greens, before spinach and other greens were cultivated. The ancient Romans believed beets were a strong aphrodisiac.

**Botanical Facts**

Beets are in the Chenopodiace family, also called the Goosefoot family, and are best grown in cool, well-drained environments. They are good companion crops to onions, radishes, garlic, leafy greens, and turnips because beet leaves are rich in magnesium. They also grow well in rotation with legumes that fix nitrogen in the soil. They can be harvested as early as 40 days after germination, depending on desired size and use of the beet.

Spotlight on....



**Beet Varieties and Uses**

USES	DESCRIPTION	COMMON RECIPES	COMMON VARIETIES
Greens	Beets that produce a smaller root and large, leafy tops	Beet green salad, sautéed greens	Baby Ball, Chicago Red, Big Top
Raw/Cooked/ Pickled	Beets develop into large globular roots, often deep in color, with a sweet flavor	Roasted beets, beet salad	Always Tender, Long Season, Yellow Mangel

# More about.. BEETS

## More Facts



- Beets contain more sugar than any other vegetable.
- “Beeturia” is the coloring of urine or stool from consumption of beets. It often causes panic but is totally harmless.
- Australians often use pickled beets as a topping on their hamburgers.
- Beets evolved from wild sea beets off the coast of Europe, Africa, and the Middle East.

## Preparing & Cooking Beets

- Dust off dirt and scrub beets under water.
- To eat raw, beets need only to be scrubbed and grated or cut thinly.
- Beets can also be steamed, boiled, pickled, roasted, or eaten raw.
- Roast between 325° and 425° for 30-45 minutes. Beets go well with other root crops like carrots, potatoes and parsnips.
- For any method of cooking, time is dependent on size and color. It is important to choose beets of similar size and color or to cut beets into equal sizes.



See **RECIPES** section on our website for recipe ideas

## Nutrition Facts

Because of their high sugar content, beets are high in carbohydrates, but low in fat. Beets are also high in carotenoids phytonutrients which are good for eye and heart health, cancer prevention, and immune support. Beets are high in folate, manganese, potassium, Vitamin C, and fiber.

### Nutrition Facts

Serving Size 1 Beet (82g)  
Servings Per Container

Amount Per Serving

**Calories 35**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 65mg**      **3%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 6g

**Protein 1g**

Vitamin A 0%      • Vitamin C 6%

Calcium 2%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Storage

Once beets have reached desired maturity, usually at least 1½ inches in diameter, they can be pulled from the soil and eaten or stored. To store beets overwinter, remove the greens immediately, brush off surface, and do not wash. Beets can be stored in cool dry place, like a basement, for up to 5 months.

