Beets

A root vegetable

What nutrients are found here?

Folate, Nitrate, Vitamin C, B vitamins, Potassium, Manganese, Betaine, Copper, Selenium, Magnesium. Beet greens are rich in Vitamins K, A, C, Fiber, & Iron.

What do those nutrients do in my body?

- Support whole body blood flow & brain health.
- Help protect the body cells from oxidative damage.
- May lower blood pressure & risk for cardiovascular disease.

How/Where can I grow my own beets?

- In the ground or in a raised bed.
- Beets thrive in direct sunlight & are frost tolerable.
- They can be planted for spring, summer, & fall harvest.

How should I store freshly picked beets?

- Store in the refrigerator, unwashed.
- Separate the beet root from the greens & store with a dry towel in separate, sealed containers.

How can I eat beets?

- Any way you want!
- Raw, boiled, baked, juiced
- Mix beet greens in salads, smoothies, wrap, etc.

