

# Beetroot (*Beta vulgaris*)

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A bundle of organic beets from a local farm food co-op program.

55 to 65 days are needed from germination to harvest of the root.

The usually deep purple roots of **beetroot** are eaten either grilled, boiled, or roasted as a cooked vegetable, cold as a salad after cooking and adding oil and vinegar, or raw and shredded, either alone or combined with any salad vegetable.

In fact, *Jim Halpert* once said this about beets, ““Fact, bears eat beets. Bears, beets, *Battlestar Galactica*””.

I have some *weird* habits. For instance, **I love beets**. Show me a salad bar and I will clean them out of their beets.

— *Chris Pratt*

## Common varieties

1. Albino
2. Bull's Blood
3. Chioggia
4. Detroit Dark Red
5. Early Wonder

## Nutritional information

Serving size: 100 g

Energy:

180 kJ

Carbohydrates:

9.96 g

Fat:

0.18 g

Protein:

1.68 g

## Tags

- Crimson
- Awesome
- Pickle-able
- Vegetable!
- Delicious