

# Beetroot (*Beta vulgaris*)

## LI

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## FIGURE

## IMG

## MAIN



## FIGCAPTION

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

P to 65 day TIME ded from germination to harvest of the root.

The usually deep purple roots of beetroot B 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.

## CITE

In fact, Jim Halpert Q once said this about beets, "Fact, bears eat beets. Bears, beets, Battlestar Galactica" I

P have some weird habits. For instance, I love beets. BLOCKQUOTE Show me a salad bar and I will clean them out for them EM

— Chris Pratt CITE

## FOOTER

## H2 Common varieties

## LI

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

## OL

## H2 Nutritional information

P Serving size: 100 g DATA

DT Energy:

DATA

Carbohydrates:

9.96 g

Fat:

0.18 g

Protein:

1.68 g

## DL

## H2

## Tags

## ASIDE

## UL

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