

# 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

Albino  
Bull's Blood  
Chioggia  
Detroit Dark Red  
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

Source: [Wikipedia](#); Last modified: Aug 30, 2014