

# 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