



Beetroot (*Beta vulgaris*)




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. 



Fact, bears eat beets. Bears, beets, “Battlestar Galactica.”
— Jim Halpert 



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

