Beetroot (*Beta vulgaris*)

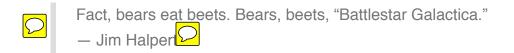


A bundle of organic beets from a local farm food co-op program.

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.

I have some weird habits. For instance, I love beets. Show me a salad bar and I will





Common varieties

clean them out of their beets.

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

Pickle-able

Vegetable!

Delicious

Source: Wikipeda; Last modified: Aug 30, 2014

