

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