

A and vitamin C

Beet roots are high in vitamin C

excellent source of vitamin

- Fresh beets contain folate, a B vitamin that helps cells grow and repair. Folate-rich diets are also important for healthy pregnancies.
- ~ Beets are a good source of riboflavin, which is important for building healthy red blood cells.

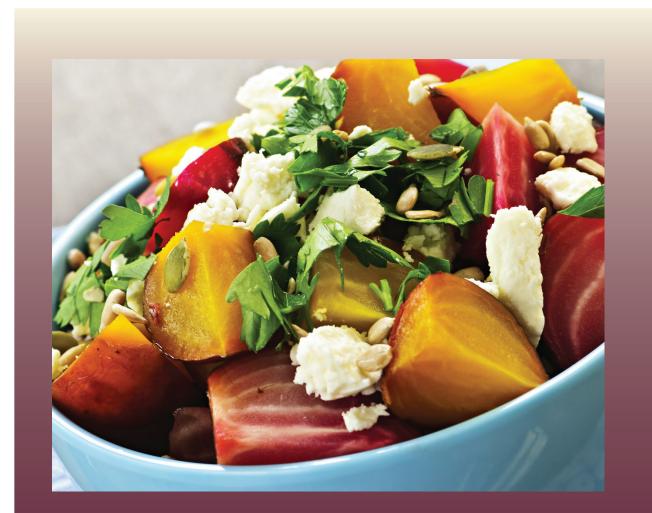


In Oregon, most beets are planted between April and July.



While beets are usually deep red, they can also be golden, white, or white and red striped!

This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.



Many believe that wild beets came from the seabeat (Beta maritima) and first grew in the Mediterranean.



