In ancient civilizations, only the beet green was eaten, but the roots were used to treat headaches and toothaches.

Beet juice is often used as a natural dye!

## NUTRIENTS FOUND IN BEETS

- Beet greens are an excellent source of vitamin A and vitamin C
- ~ Beet roots are high in vitamin C
- 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.

The heaviest beet on record was grown in England in 2001 and weighed 51.48 pounds!



OREGO



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 was funded by 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. ©2015 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 veteran's 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.

