

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!



OREGON BEETS

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!



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!



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

