

OREGON BEETS

Beet juice is often used
as a natural dye!

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



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

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.



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.



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