Beets

What am I?

Beets are a vegetable that can come in many colors: purple, white, and gold. The most common beets are red beets. They can be eaten raw, baked, boiled, or made into juice.

How do I grow?

- Beets are root vegetables and grow in the ground.
- In Wisconsin, beets grow from June through October.
- Beet roots vary in size and shape.

Nutrition Facts

Beet roots and stems are edible and a good source of vitamin A, C, folate, calcium, and fiber. They contain many antioxidants such as betalains, carotenoids, and flavonoids which prevent colon cancer and protect heart health.

Fun Facts

- Beet juice can be used as a red dye.
- Beets are also known as the blood turnip.
- Beets are related to swiss chard.
- Smaller beets are sweeter than larger ones.

WISCONSIN DEPARTMENT OF
Public Instruction
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