RED BEETS

DID YOU KNOW?

- Red Beets are a root vegetable that is commonly a deep red color but also comes in a wide array of reds, oranges, and yellows.
- Both the leaf and the Beet root are edible.
- Red Beets are annuals which means they need to be planted every year.
- Red Beets are a great source of potassium!

FUN FACT!

Red Beets are believed to have originated from the shores of the Mediterranean.



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