

Gold Beets



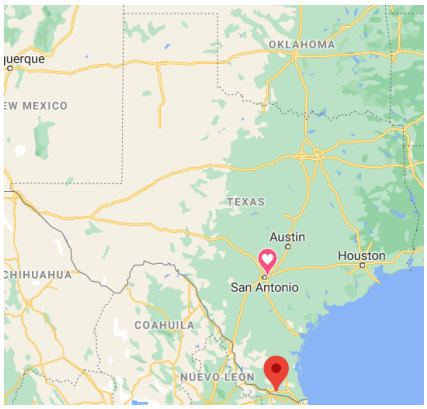
Texas Gold Beets are available November through April each year. They are primarily grown in the Rio Grande Valley area of South Texas. Your Gold Beets were grown at the El Sabino Farms located in Alamo, Texas.

Gold Beets are medium to large in size and are globular to round with a slightly flattened, irregular shape.

The roots are connected to long and crisp, leafy green stems that are also edible and have a flavor similar to Spinach and Swiss Chard.

The root's skin is semi-rough, covered in marks, russet, and scratches, and ranges in color from a deep orange to a mixture of gold, brown, and pale yellow.

Underneath the skin, the flesh is bright yellow to gold, dense, and aqueous with pale concentric rings. When raw, Gold Beets are crunchy, and when cooked, they develop a tender, smooth consistency with a very mild and sweet flavor.



Nutrition

Gold Beets are an excellent source of folate, manganese, beta-carotene, and are a very good source of potassium, copper, and fiber. They also contain magnesium, phosphorus, vitamins B6 and C, and iron.

Source: specialtyproduce.com