



HARVEST OF THE MONTH

FEBRUARY 2021

BEETS



FAST FACTS



Beets are great source of Folate, Fiber, Manganese, Potassium, Iron and Vitamin C!



Beets come in a variety of beautiful colors such as yellow, white, pink and dark purple.



Eating beets may help lower blood pressure, increase exercise performance, improve brain function and memory retention!



Beets are a versatile root vegetable. They are amazing in salads, smoothies and taste great in desserts.

VARIETIES

IDEA FARMS are growing these delicious Beet varieties!

BORO

A beautiful red beet that tastes great fresh, boiled or chilled and added to cold salads.

TOUCHSTONE GOLD

A golden beet with a bright yellow flesh with an excellent sweet flavor.

MERLIN

This uniform red beet is naturally sweet and tastes delicious roasted.

IDEA FARM

IDEA Farms have been hard at work growing Beets for our scholars!

We are eagerly waiting for our farms to harvest the Beets to be used in our special February recipe:
Beet Salad

