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.

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

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!