

# BEET TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on beets. Here is some information on beets.

## What is a Beet?

Beets are round, root vegetables that grow underground. They are usually deep red-purple, but can also be yellow, white, or striped. **Read trivia for the week.**

## How Do Beets Grow?

Beets are grown from tiny seeds. The root grows underground, while the leafy tops grow above the soil. Beet greens are edible and nutritious, like spinach! **Read trivia for the week.**

## Health Benefits of Beets

Beets are rich in vitamin C, fiber, and iron. They are good for your heart and full of antioxidants. Beets can boost energy and help athletes run faster. Eating beets may cause pink-colored urine—totally normal! Popular ways to eat beets are in a beet salad, borscht (a beet soup) and beet juice. **Read trivia for the week.**

## Fun Facts About Beets

Beets have been eaten for thousands of years—originating in the Mediterranean. Ancient Greeks and Egyptians used beets for medicine and food. Beets were the first source of sugar before sugar cane became common. Beet juice is used as a natural dye for food and fabric. Beets can be boiled, roasted, pickled, or eaten raw. **Read trivia for the week.**

## Beets in South Dakota

South Dakota grows sugar beets, especially in the Belle Fourche area. The state also produces a small number of table beets. **Read trivia for the week.**



# HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the "Harvest of the Month Artists".
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

