

ALL ABOUT BEETS



WHAT IS A BEET?

A beet is a round, root vegetable that grows underground. Beets are usually deep red-purple, but they can also be yellow, white, or even striped!

BEETS IN SOUTH DAKOTA

In South Dakota, beets, particularly sugar beets, are an important crop in the Belle Fourche area. The state also sees minor production of table beets.



Q. How do farmers party?
A. They turn up the beets.

WHERE DO BEETS GROW?

Beets grow from tiny seeds planted in the soil. The beet root grows underground, and the leafy tops grow above the soil. The leaves of the beet plant are also edible and healthy!



HEALTH BENEFITS OF BEETS

Beets are packed with vitamins and nutrients like vitamin C, fiber, and iron. They're great for your heart.

FUN FACTS

- Beets have been grown for food for thousands of years. They originally came from the Mediterranean region.
- Ancient civilizations, like the Egyptians and Greeks, used beets for medicine and food.
- Beets can make your pee turn pink after you eat them! It's totally normal.
- Beets were used to make the first sugar before sugar cane became popular.
- Beets can help improve your energy and make you run faster! Athletes sometimes drink beet juice before a race.



Nutrition Facts

| | |
|---|-----------|
| Portion Size | 136 g |
| Amount Per Portion | |
| Calories | 58 |
| % Daily Value * | |
| Total Fat 0.2g | 0 % |
| Sodium 106mg | 5 % |
| Total Carbohydrate 13g | 5 % |
| Dietary Fiber 3.8g | 14 % |
| Sugar 9.2g | |
| Protein 2.2g | 4 % |
| Vitamin D 0mcg | 0 % |
| Calcium 22mg | 2 % |
| Iron 1.1mg | 6 % |
| Potassium 442mg | 9 % |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice. | |

POPULAR TYPES OF BEETS

- Beets can be boiled, roasted, pickled, or eaten raw.
- People make delicious dishes like beet salad, borscht (a beet soup), or even beet juice.
- You can also use beet juice as a natural dye to color food or clothes!