

# Farm to School

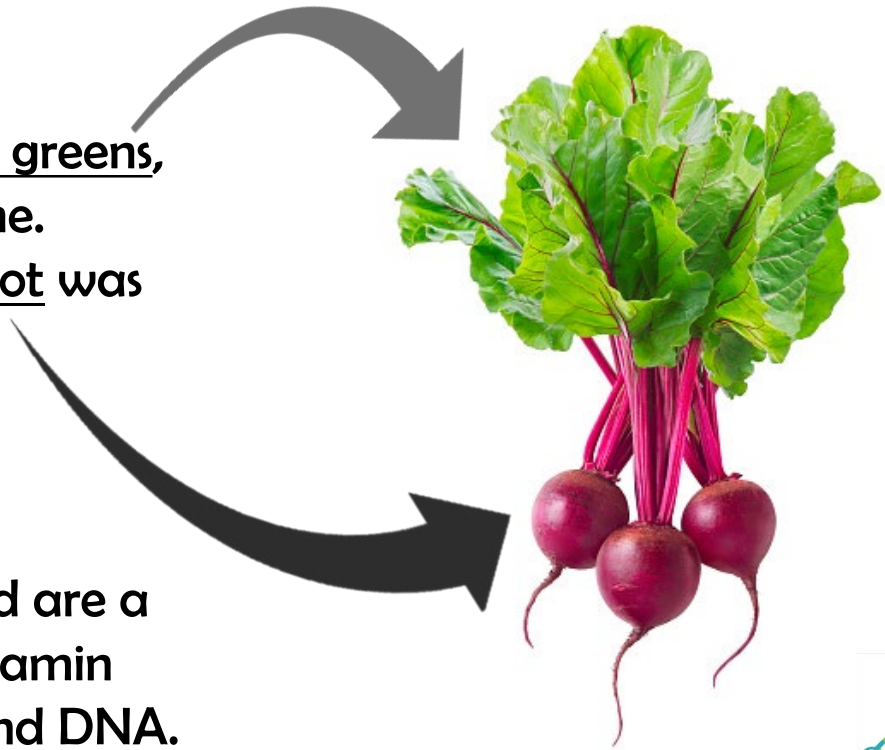
## RED BEETS

### History

Humans originally ate only the beet greens, as the root was too tough to consume. The first record of eating the beet root was in Europe in the 1500s.

### Nutrition

Beets provide a good source of carbohydrates and dietary fiber, and are a rich source of folate. Folate is a B vitamin that helps produce red blood cells and DNA.



# Growing and Harvest



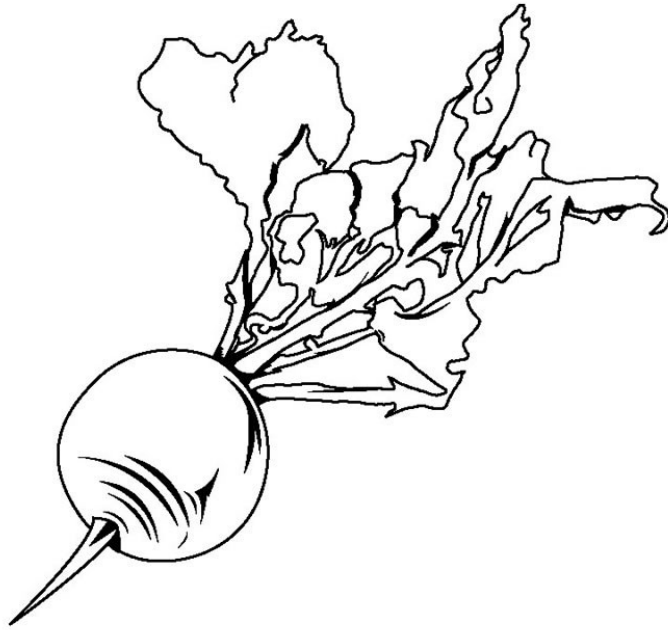
- Beets are a root vegetable, grown below the ground like potatoes & carrots.
- They are a cool-weather crop and can survive through freezing temperatures.
- The beets are ready for harvesting after approximately 2 months.
- They should be harvested before the greens reach a height of over 6 inches.

Your beets today were grown by:

**Van Dessel Farms  
in Accomack County, VA**



# Activity



# Beet Root

The part of the beet that you're eating today grows mostly underground. Circle the other veggies here that **grow below the ground**:

