

Beets

Geosmin is the chemical compound that gives beets an earthy flavor.

Produced by soil microbes, geosmin smells like soil after a rainstorm or in a freshly plowed field. Spinach, lettuce, and mushrooms are also high in geosmin.



**BEET
FACT**

1

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

**Fresh beets have
twice the folic acid
and potassium
of canned beets.**



**BEET
FACT**

2

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

Beets have the highest natural sugar content of all vegetables.



**BEET
FACT**

3

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

Beet greens are packed with beta carotene, folic acid, potassium and calcium.



**BEET
FACT**

4

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

In Greece, some people drink beet juice with a twist of lemon.



**BEET
FACT**

5

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

**Small to medium size beets
have the best flavor
and texture.**



**BEET
FACT**

6

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

Beet pigments are rich in an antioxidant called betalain, which helps our bodies fight disease.



**BEET
FACT**

7

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

**Garden or table beets
may be red, yellow,
orange, white,
pink or striped.**



**BEET
FACT**

8

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

The beet is a member of the goosefoot family, *Chenopodiaceae*. Other plants in this family include chard and spinach.



**BEET
FACT**

9

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Beets

One of the most salt tolerant vegetables, beets are descended from the sea beet.



**BEET
FACT
10**

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER