### 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.



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



## Beets have the highest natural sugar content of all vegetables.



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



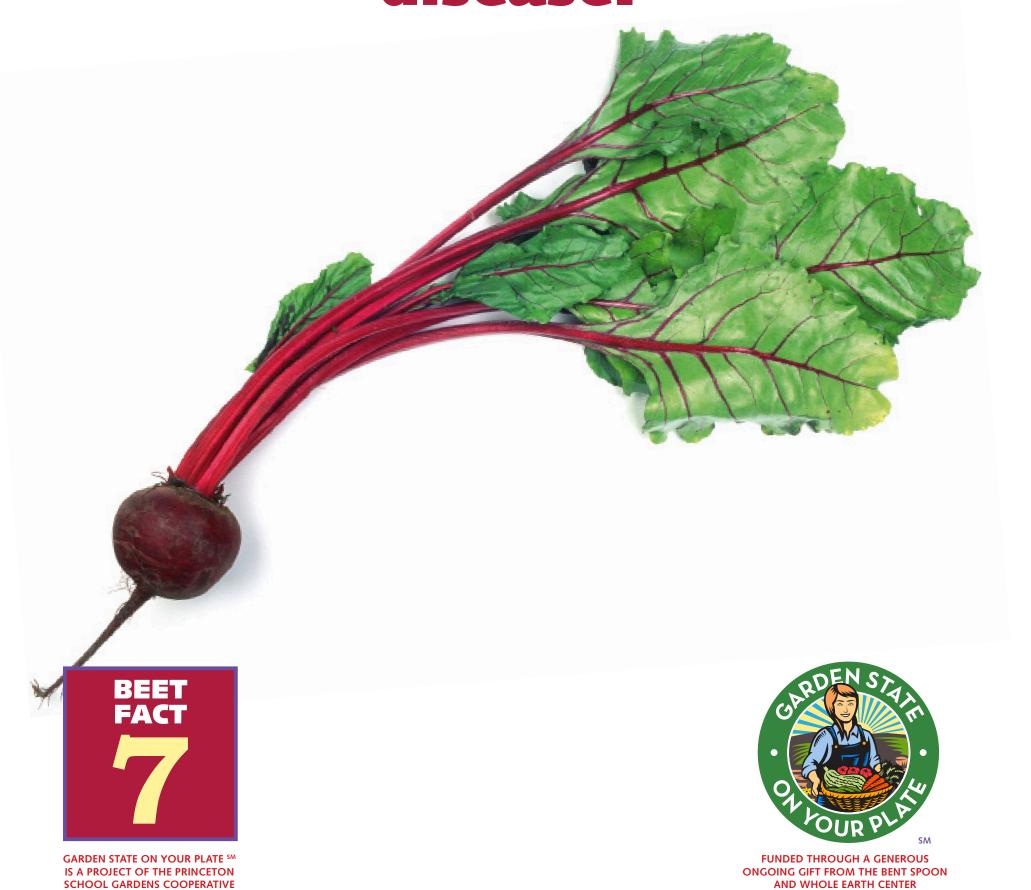
# In Greece, some people drink beet juice with a twist of lemon.



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



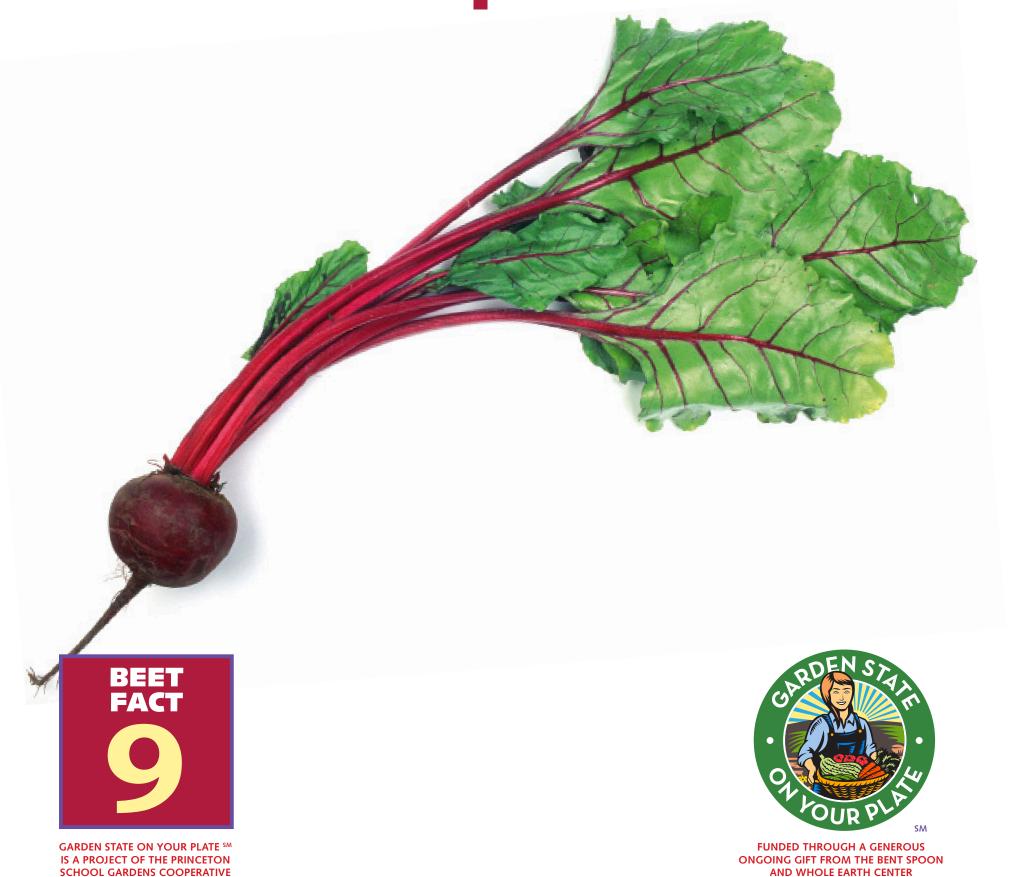
Beet pigments are rich in an antioxidant called betalain, which helps our bodies fight disease.



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



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



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

