

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

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Beets

Beets have the highest natural sugar content of all vegetables.



**BEET
FACT**

3

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Beets

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



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



**BEET
FACT**

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Beets

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



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



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



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



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



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