

Beet Information Sheet

Today's Farm to School Snack features local beets!

While beets originated in the Mediterranean, the beets
you will be trying today were grown locally at:

 in

How Does It Grow?

Beets are a root vegetable that grow deep in the soil, storing sugars and nutrients as they expand. Farmers plant beet seeds in the spring after the last frost, and the beets are ready to harvest in about 2-3 months. Beets come in different sizes and colors, including red, yellow, white, and even striped ones like the candy cane-colored Chioggia beet. Beets can be enjoyed raw, boiled, roasted, pickled, or juiced—and they are often used in soups and salads.



Fun Facts

- Crushed beets are often used to add color to foods. They can turn regular lemonade into pink lemonade!
- Beet juice can be used as a natural dye for clothing.
- Beet greens are the leaves of the vegetable and are also edible.

Around the World

Ancient Greeks and Romans ate the leaves and used the roots as medicine. Beets were grown for food in the 1500s in Italy and Germany. Some cultures believed beets had special powers—Romans thought they could make people happy, and the goddess Aphrodite was said to eat them to feel more beautiful! Beets are also used in special dishes, like borsch, a delicious beet soup from Ukraine that is served at family celebrations.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include beets.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this colorful snack!

Find more resources at www.nourishns.ca