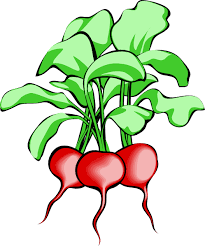


Beneficial Bites

Bites

**Stay True to Your Roots**:

* Beets are an excellent source of vitamin C and other antioxidants, specifically belatain. These may be beneficial in promoting lower cardiovascular disease.
* Beets provide an excellent source of folate and a very good source of manganese, potassium and copper.
* Remember all those legendary Russian centenarians? Beets, frequently consumed either pickled or in borscht, the traditional Russian soup, may be one reason behind their long and healthy lives!

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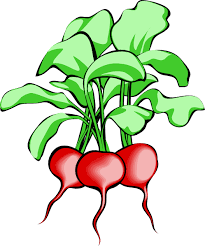
Beets are a tuberous root vegetable. You can consume both the green leafy portion of the plant and the delicious root!



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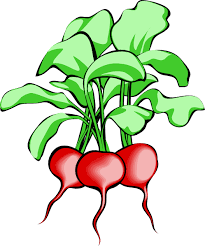
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Beneficial Bites

**The beet must be uprooted!**

* **Americans love pickled beets, one of the world’s most traditional ways of eating beets.**
* Beets can be enjoyed raw or cooked.
* Beets can be deep purple, red, white, yellow or rainbow.
* The freshest availability is between June and October.
* Beet juice is used to enhance the food color of many other red foods!

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**September Menu items**

Chocolate Beet Cake

Buttered Beets

Pickled Beets

Tossed Salad with Beets & Feta

Strawberry Cheesecake Bars

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Chocolate Beet Cake

Buttered Beets

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Beneficial Bites