**Eat a Beet**

Both beets and Swiss chard are different varieties within the same plant family and their edible leaves share a resemblance in both taste and texture. Attached to the beet's green leaves is a round or oblong root, the part conjured up in most people's minds by the word "beet."

The pigments that give beets their rich colors are called *betalains*. Although typically a beautiful reddish-purple hue, beets also come in varieties that feature white, golden/yellow or even rainbow color roots.

Beets are also an excellent source of folate and a very good source of manganese, potassium and copper. They are also a good source of dietary fiber, magnesium, phosphorus, vitamin C, iron and vitamin B6.

Come join us in September for our Beneficial Bites presentation and learn the history and more nutritional benefits of beets.

