

Beets



- ◆ Beets are root vegetables like carrots and turnips
- ◆ Pick beets that are round and red. Avoid dry or cracked beets
- ◆ Beets are high in Vitamin C and folate.
- ◆ Sugar beets are the second most important source of sugar after the sugar cane
- ◆ Swiss chard is a type of beet
- ◆ Beet greens are even better for you than beet roots. Add them to your smoothie, mix with cooked veggies or use in salads
- ◆ Beets can detox you not only from inside, but from the outside too
- ◆ Beets are native to Africa and Asia where it grew along seashores. Historically speaking the ancients seemed to have known that beets are excellent for cleansing.
- ◆ Interesting folk traditions surrounding beets:
 - ⇒ People eating beets for good fortune on Jewish New Year
 - ⇒ The Greeks using beets for beauty
 - ⇒ A man and a woman eating of the same beet will fall in love
 - ⇒ Romans used beets to fight fever, while Greeks used it in medicine to cool the blood.