



Beets



Beets are root vegetables that grow underground as round bulbs. They are typically a deep red or purple color, but there are also yellow, white, and striped varieties.

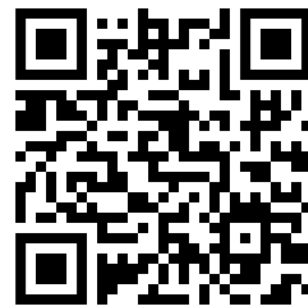
Beets are grown in temperate climates and require well-drained, loamy soil and full sunlight. Wisconsin and New York are the top beet-producing states. They can be planted from early spring to late summer. Because beet seeds are actually seed clusters, thinning is necessary after germination to give the roots space to grow. The plant requires consistent moisture to grow well.

Beets are ready to harvest 50-70 days after planting when they're still tender. They can be harvested in the spring and fall. The beets are harvested with specialized harvesters that lift the roots out of the ground and cut off the greens. Precision is required to avoid damaging the roots. Beets can also be harvested manually.

After harvesting, the excess soil is brushed off. Beets are typically not washed until they are closer to being used to prevent early spoilage. The beets are then sorted and stored in a cool, dark location or packaged to be transported to markets. Cool temperatures and humidity are important to keep beets fresh during transportation.

Beets are low in calories and high in nutrients like manganese, potassium, iron, and vitamin C. They contain antioxidants that help reduce inflammation and oxidative stress in the body. They are also a good source of dietary fiber which promotes digestive health.

Beets can be eaten raw, roasted, boiled, or pickled. They are used in salads, soups, and as side dishes.



<https://youtu.be/vZfePWrcm7Y?si=staDR9Ou3OcKTn4Y>