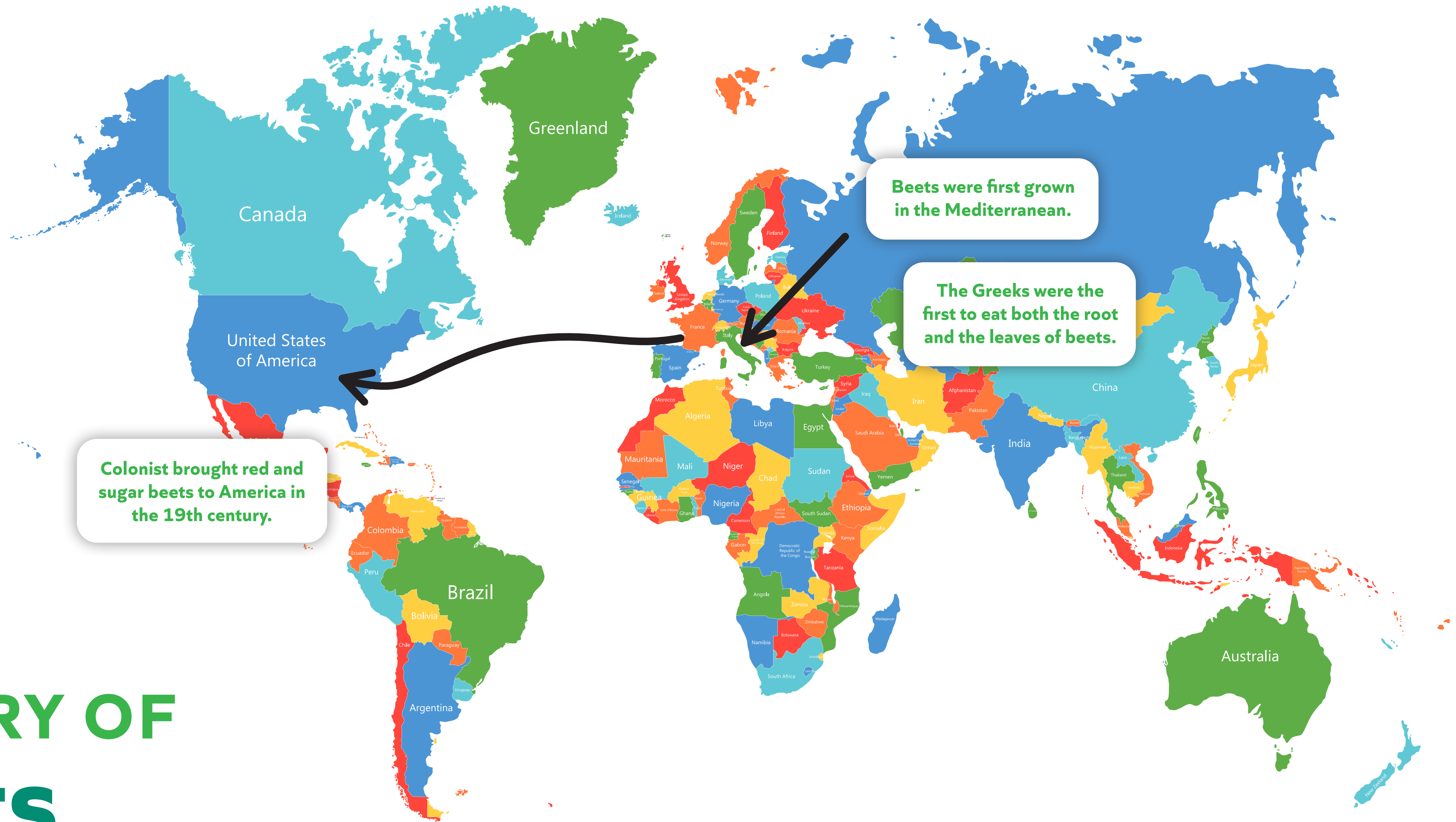


HARVEST OF THE MONTH:

Beets



HISTORY OF Beets



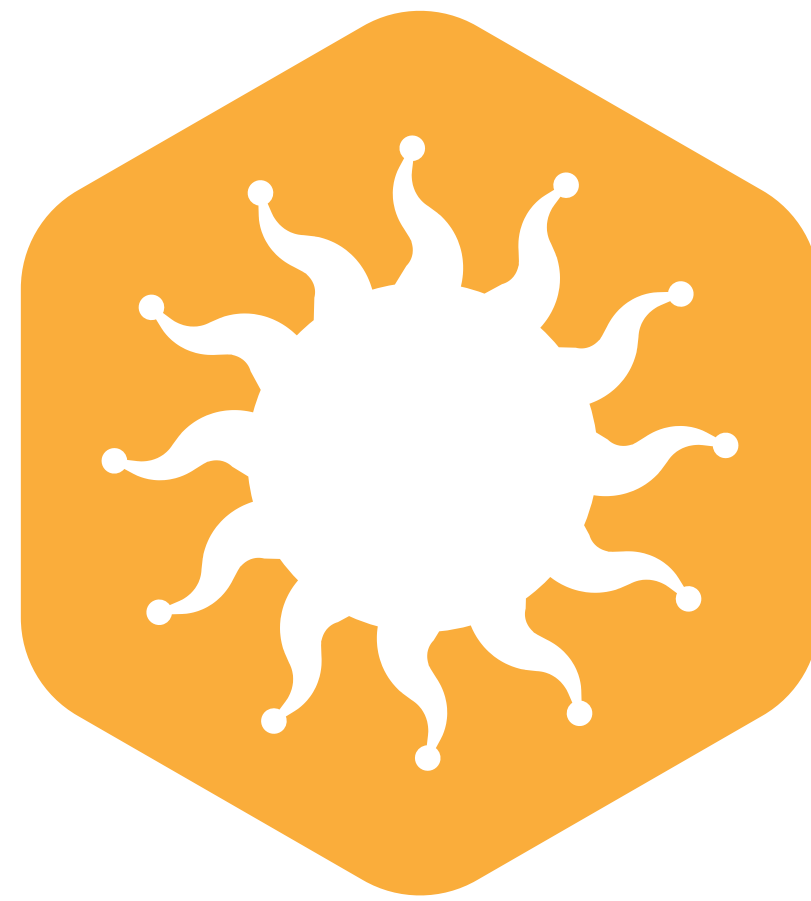


Beets grow in the ground. We eat the taproot of the beet.



HOW DO BEETS GROW?

WHAT SEASON DO WE PICK BEETS?



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT BEETS?

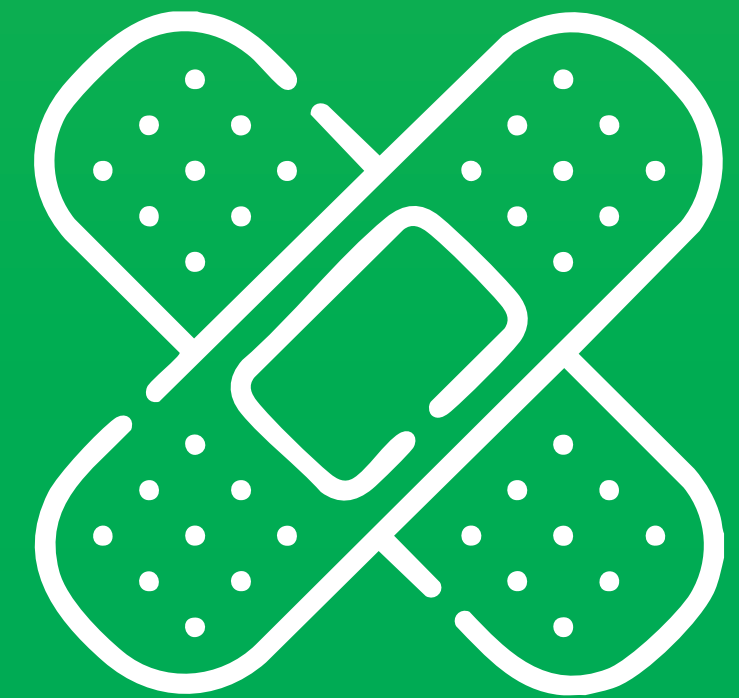
Strong bones



**Healthy digestion,
cleans out your system**



**Contains vitamin
K – heals cuts**



**Healthy heart
and blood**



Healthy eyes



HOW DO YOU PICK A GOOD BEET?

- Beets should be smooth, hard and round. There should not be any cuts or bruises on the outside.
- When the tops are still attached the tops should be healthy and green, not wilted.
- You can eat small beets raw, but bigger beets need to be cooked.

FUN FACT: The juice from beets is often added to processed foods to give it a pink or red color.





LET'S TRY SOME
Beets!

