

Beet, Candy Striped aka Chioggia



Purchasing Specifications

Availability:

Year round

Receiving Information:

- Usage: Beets can be eaten raw or cooked and are a great addition to salads.
- Selection: Choose beets that are firm to the touch without blemishes or soft spots.

Storage/Handling:

- Rough, woody texture: Indication of age - choose small to medium sized beets with tender, fresh green tops. Small size usually indicates younger and more tender beets.
- Sprouting decay: Indication of storage at high temperatures. Low air circulation may also promote decay; be sure to maintain adequate air circulation while store beets. Bunched beets are more perishable than topped beets.

- Wilting: Indication of storage in an area with low humidity.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Top Ice: No
- Odor Sensitive: No

- Flesh Description: firm, hard
- Outside Coloring: red
- Interior Coloring: white and red concentric circles
- Taste: mild, earthy
- Shape: round bulb
- Skin Texture: smooth, slightly waxy and firm
- Usage: Beet root can be eaten raw as well as baked, steamed, sauteed, boiled, or roasted, and can also be pickled and used as a condiment. Both the root and the greens can be used as an ingredient in a variety of dishes.

Nutrition Facts

Serving Size: 1 candy cane fresh beet, 2" dia.

Amount Per Serving

Calories 35	Fat Calories
	% Daily Value*
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 65 mg	3%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Potassium 270mg	
Vitamin A	Vitamin C
Calcium 6%	Iron 4%