

Beet, Red



- Scientific Name: Beta vulgaris
- Flesh Description: Firm, hard.
- Usage: Good for cooking and pickling.
- Outside Coloring: Red to dark red
- Shape: Round, flattened shape
- Skin Texture: Smooth, slightly waxy and firm
- Taste: Sweet to very sweet

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, Mexico, USA

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 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

Nutrition Facts

Serving Size: 1 cup, raw

Amount Per Serving

Calories 58	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 106 mg	5%
Total Carbohydrates 13 g	10%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 2g	0%
Potassium 442mg	9%
Vitamin A 0%	Vitamin C 9%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000-calorie diet.