

# Harvest of the Month



## FUN FACTS:

Root vegetables are edible plants that grow underground. Beets are the sweetest of the root vegetables.

Both the red fleshy root and the dark green leaves are edible. The beet leaves taste similar to spinach and are very nutritious!

The betalain pigments in beets give beets their red color, and are known to capture toxins in the body and flush them out.

Borscht is a popular beet soup in Russia.

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