



# Golden Beets

- ◆ The golden beet has an edible root and leaves. The root is an orange color and can be up to four inches in diameter.
- ◆ The flesh of a golden beet can be golden or orange and is firm, earthy and sweet.
- ◆ They are available year round. Beets prefer a colder climate. Growers say the faster a beet grows, the better the flavor will be.
- ◆ Golden beets are a great source of fiber; One golden beet can meet about 10 percent of the daily value. Golden beets are low in calories but can help satisfy your appetite. They are also a good source of folic acid, manganese and potassium.
- ◆ The leaves can be eaten much like spinach. These greens are rich in calcium, iron and vitamins A and C.
- ◆ Choose golden beets that have their greens intact and are fresh looking. The beet itself should be firm, smooth and the color should be vibrant. They should not be soft, wrinkled, or dull in color.

