



New York Harvest of the Month

Beets

Farm Fresh
Grown by a local farmer

Popular Foods

- Coleslaw
- Beet Salad
- Beet Hummus
- Pickled Beets
- Roasted Beets
- Soup

Nutrition Content

- Vitamin A for healthy skin and eyes
- Vitamin C for healthy immune system
- Vitamin K for strong bones
- Vitamin B2 for making healthy red blood cells

Fun Facts

- There are golden, red, and striped beets
- You can eat the greens as well as the roots
- NY is the second leading producer of red table beets in the US
- Beets can be used to make a natural dye

