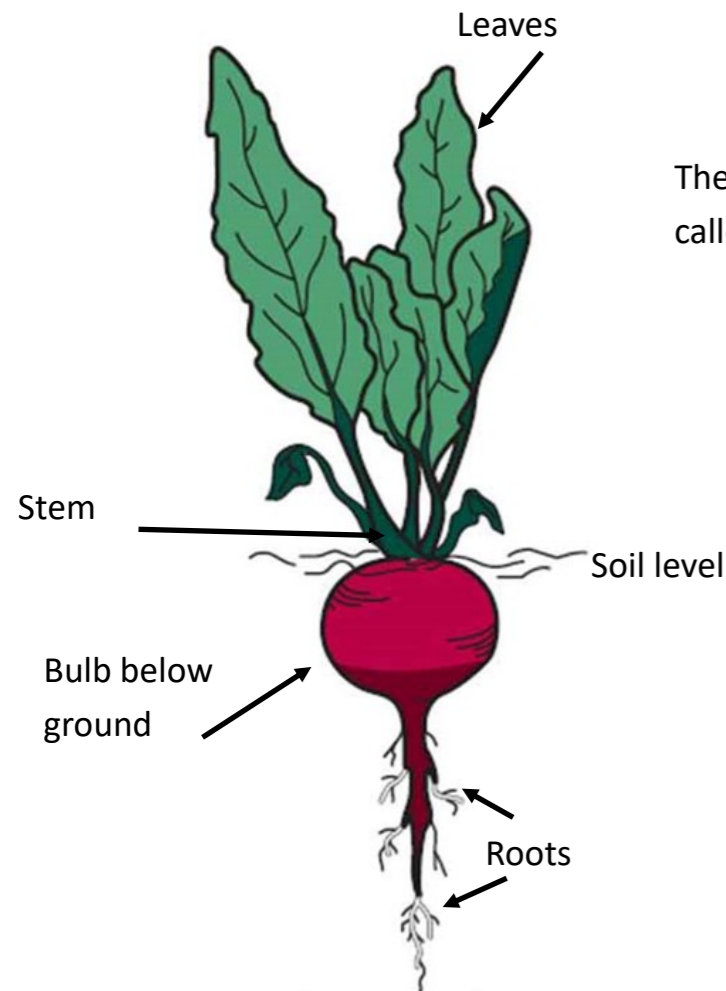




All about Beetroot - (Beta vulgaris)

The beet (Beta vulgaris) is a root vegetable that grows as a round bulb with a leafy top poking out above the soil.

PLANT



The Fruit of a beetroot is called nutlet.

Storage parenchyma - One of the major functions of parenchyma tissue is to store food reserves



Growth rings – Typically found in beets – concentric circles of vascular tissue alternating with storage cells – are an unusual spectacle.

FRUIT



Periderm - the outer corky protective layer of woody stems and roots

What are Beetroots?

The terms "beetroot" and "beet" refer to the same vegetable. The British typically call the red-root vegetable a "beetroot," while those in the United States and other parts of the world typically refer to them as "beets."

Beetroot is herbaceous plant that belongs to the family Amaranthaceae

Beets are a common root vegetable that stand out from other produce due to their dark red colour

Beets are native to the Mediterranean region. The leaves have been eaten since before written history, but the beetroot was generally used medicinally. It did not become a popular food until French chefs recognized its potential in the 1800s. Today, they're inexpensive and most often used in soups and salads. The root can also be made into beet juice, which is popular for detoxification juicing. Beets need to be washed and the greens removed prior to cooking; they don't have to be peeled.

Traditional beetroot is prepared with a fresh-from-the-kitchen approach, cooked in small batches to ensure quality.

Cambridgeshire company 'Naturally G's Fresh' grow some of their own British beetroot, and sell to local supermarkets. They found a Mrs Beeton recipe, which stated; if a dash of specially selected mild malt vinegar or acetic acid is added to beetroot it helps enhance the flavour, and extend its fridge life. Following this they introduced a new gourmet range of the sweetest baby beets, infused with quality vinegars and natural flavours.

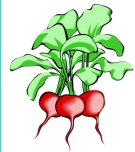
Beetroot is cultivated mainly because of its high nutritional value. Chemical compounds isolated from beetroot are used in medicine, chemical and food industry. Beetroot was used as ornamental plant in the past.



Check out our Best Beetroot facts for children. Learn interesting information.



The entire beet is edible, from the top of the greens to the bottom of the root. Fresh leaves taste like spinach



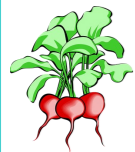
The betalin compound in beets, which gives beets their colour, helps capture toxins in the body and flush them out of the body through the urinary tract.



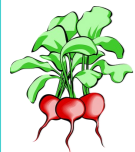
Beets can cause "beeturai," which is pink or red urine.



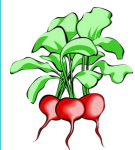
Betanin, which is derived from beetroots, is used to colour tomato paste, sauces, candy, breakfast cereals, ice cream, jams, and jellies.



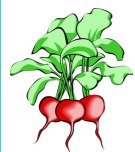
Beetroot is biennial plant which means that it finishes its life cycle in two years



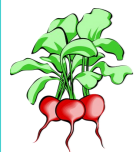
While red is the iconic color of beets, the root vegetable actually comes in a variety of colours, including yellow, "candy cane" (red and white striped on the inside), and all white.



Most beetroots are about the size of a baseball, you may be surprised to know beets can be as small as a marble. Beets can also be round, oval, tapered, long, or flat.



A type of beet known as the sugar beet is the source of around half of the world's refined sugar



Beetroot can be used raw, cooked or pickled. It is often used for salads, soups and as an ingredient of dishes made of meat.



Did you Know?

Beets May Cure bad "Breath"

Looking to getting rid of bad breath? Drink raw beet juice or eat raw beets. By eating or drinking raw fruits and veggies, specifically beets, helps reduce the awareness of bad breath. Look out mints and gum! It is un"BEET"able!



Beetroot Burgers

In Australia, a true Oz-style burger must have a slice or two of beetroot or pickled beetroot. Rumour has it; even fast food outlets have had to toe the line and include it in their menus!

Traditional Symbol

Beetroot is a traditional food eaten at Rosh Hashanah, literally meaning "head of the year", is the Jewish New Year. Called selek in Hebrew, it's similar to word sillek, which means "take away," or "dismiss," beetroots are symbolic of getting rid of evil in the new year.

Acid or Alkaline

For some people, their urine may turn pink or red after eating beets or beet juice, a concept known as beeturia. While beeturia is typically harmless, it can be a sign of a low stomach acid.

What does The office T.V series and Beetroot have in common?

"The Office," star Dwight Kurt Schrute III (who is a fictional character in The Office portrayed by Rainn Wilson) is a devoted beetroot farmer. Living on his family's 60-acre beet farm. Dwight sells his beetroot at a roadside "beat that."