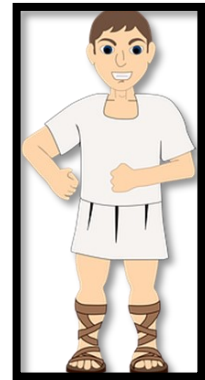




Finding the historic roots of Beetroot!

History states that the Beetroot has evolved from the Wild Seabeet, which grew in Africa, the Middle East, and Europe. Nowadays is commonly found around coastal areas.



The Ancient Greeks cultivated beetroot around 300 BC. They recommended beets for binding wounds, cleansing the blood, and treating digestive problems.

They didn't use the roots of the plant and only ate the leaves. They did however respect the root as they were highly valued as medicine, not food and offered it to the sun god Apollo in the temple of Delphi. They also considered it to be worth its weight in silver.

The Romans ate roots but mainly for medicinal purposes. They used it as a laxative or to cure fever.

In Victorian times, beetroot was used as a natural hair colour, also bringing colour to an otherwise colourless diet and as a sweet ingredient in desserts.





Finding the historic roots of Beetroot!

Progress allowed for easier preparation and conservation of vegetables, so beetroot became more available. After the Second World War, because of the rations in some places, the most available vegetable was pickled beetroot in jars.



The shape of the beetroot have also changed over the years, old varieties used to be carrot shaped, long and thin.

Today, the most common variant of beetroot is round and deep red, but they can also be yellow, white, and even red and white.



Nowadays, Beetroot is common throughout most of Europe. It is used extensively in Russian and Scandinavian cuisine.

