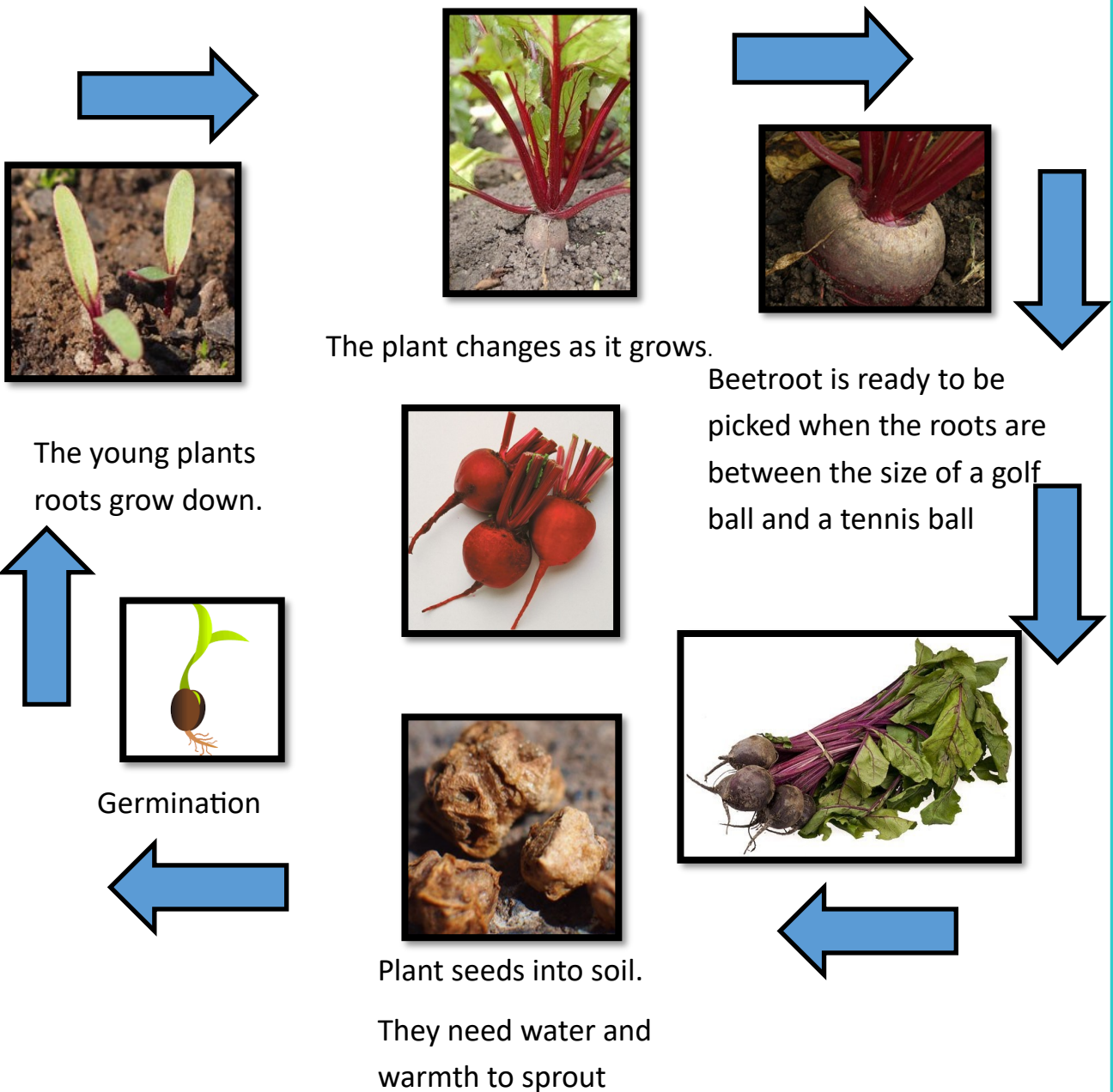




## The life cycle of a Beetroot

Beetroot is a great crop – resilient, undemanding and unfussy about soil type.





## How to Cook With Beetroots

Although beetroot can be eaten raw, they are generally boiled, baked, steamed, fried, grilled, or otherwise cooked before eating.



Beetroot must be thoroughly washed first to remove all of the dirt that comes with root vegetables. Cut off the taproot and leaves, saving the greens to prepare in the same manner as Swiss chard.



To retain the vegetable's nutrients and colour, cook the beetroot without peeling first. The skin easily rubs off under cold running water after cooking.

Important: Beetroot juice will stain your skin and any porous surfaces; it's used as a natural dye for foods and fabric. So if working with children please make sure you, rub your hands with wet salt and lemon juice and then wash with soap and water. To clean cutting boards and plastic containers, *ask an adult* to use a bleach solution. Be careful about splashing beetroot juice on your clothes, as it will stain!

