

BEET THAT!

Beets are great for your health! They're packed with fiber, potassium, folate, vitamin C, and more!



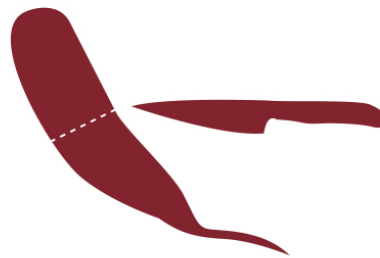
RED BEETS are full of dietary nitrates, which can reduce high blood pressure.



You don't have to peel most **GOLDEN BEETS**, which makes them great for speedy dinners.



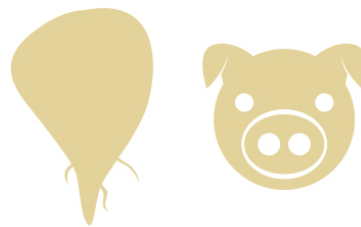
CANDY CANE BEETS add festive flair to any salad or crudité plate.



CYLINDRA BEETS are easy to slice and full of betalains, antioxidants that may have cancer-fighting properties.



Packed with nutrients and fiber, **BEET GREENS** are super tasty when sautéed, shredded, or blended into smoothies.



SUGAR BEETS aren't grown for vegetable consumption. Instead, these large, white beets are processed to make table sugar and animal feed.

Beets are easy to cook! Try shredding them and adding them to salads, steaming them and throwing them in grain dishes, roasting them as a hearty side dish, or pureeing them into soups. The possibilities are endless!