



HOLLAND MARSH BEETS

FACTS

Beets are a highly versatile, red vegetable. Small, fresh Ontario beets are available in early summer. The flesh is as deep red as the skin. Bunching beets; those with the green tops left on are for fresh market use. Beets are not eaten raw but must be cooked. Both the beet root and beet tops are edible. Cooked beets are a wonderful addition to a cold salad. Beet greens, a nutritious part of the vegetable can be lightly cooked and served like spinach. Small beets are often pickled for winter use.

Health Benefits: Beets are an excellent source of Folate, a good source of Manganese and a source of Fibre, Vitamin C, Potassium, Magnesium and Iron.

Number of acres farmed in the Marsh annually: 97 acres