

# Chioggia Beets



This week's vegetable is stripey! It is a Chioggia or candy cane beet cut into a cube. When you cut the beet in half, it looks like a target. Look at how big these beets grew in Lyon County.



You can eat all parts of the beet plant. The greens can be juiced, chopped up and cooked or the young, tender leaves can be eaten in a salad. The root is peeled and sliced or cubed.

Small beet roots can be eaten raw. Larger roots can be pickled or roasted for a tasty side dish. Beets belong on the green vegetable section of MyPlate.



Beets can be a rainbow of colors and will have different B vitamins that are the reason for the different colors. The greens are high in vitamin C. The photo on the right shows 4 different varieties of beets, each

with a different color of root. Can you tell which one is a Chioggia beet?



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