

# BEETS

## HARVEST OF THE MONTH

### All About That Beet

Beets are a type of root vegetable. They are very rich in antioxidants which help decrease inflammation in the body.

February



### Best Beets

Smooth

Hard

Round

Healthy greens on top (not wilted or browned)

### Nutrient Content

Antioxidants help prevent cell damage.  
Phosphorous is vital for repair of body cells.