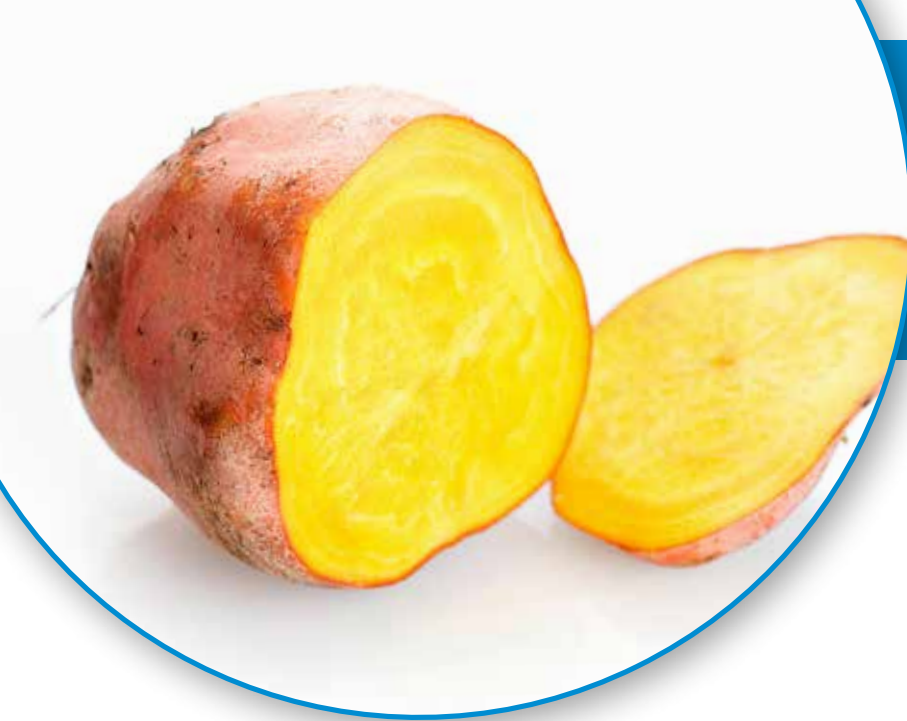


# Beet, Gold



## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Mexico, USA

### Receiving Information:

- Usage: Beets can be eaten raw or cooked. Great additions to salads and soups.
- Selection: Consumers should choose beets that are firm to the touch without blemishes or soft spots.

### Storage/Handling:

- Rough, woody texture: Indication of age - choose small to medium sized beets with tender, fresh green tops. Small size usually indicates younger more tender beets.

- Sprouting decay: Indication of storage at high temperatures. Low air circulation may also promote decay; be sure to maintain adequate air circulation while store beets. Bunched beets are more perishable than topped beets.
- Wilting: Indication of storage in an area with low humidity.
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Top Ice: No
- Odor Sensitive: No
- Flesh Description: Firm, hard.
- Outside Coloring: Golden yellow to golden orange
- Taste: Mild, sweeter than red varieties
- Shape: Round bulb
- Skin Texture: Smooth, slightly waxy and firm
- Usage: Beet root can be eaten raw as well as baked, steamed, sauteed, boiled, or roasted, and can also be pickled and used as a condiment. Both the root and the greens can be used as an ingredient in a variety of dishes.

## Nutrition Facts

### Serving Size: 1 cup, raw

Amount Per Serving

Calories 58	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 106 mg	5%
Total Carbohydrates 13 g	10%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 2g	0%
Potassium 442mg	9%
Vitamin A 0%	Vitamin C 9%
Calcium 2%	Iron 6%

\*Percent Daily Values are based on a 2,000-calorie diet.