

Find out about: **Beetroot**



Beetroot was originally grown many hundreds of years ago from the root of a wild plant, the sea beet. You can still find it growing wild along the seashore in some parts of the UK.



Beetroot became popular in the UK in Victorian times. It was also used as a medicine, especially by the Romans, who made it into a soup to cure fevers.



Most beetroot are round, but they can also be long and cylindrical. While many people think they are only dark red in colour, they can also be golden yellow or candy-striped red and white!



Beetroot have a sweet taste and are delicious grated and eaten raw, cooked and served as a hot vegetable, in soup or added to salads, or even used in cakes! Three small beetroot (or about seven slices) count as one of your 5 A Day.

**Try
something
NEW!**

**Try some
beetroot
and get
your sticker!**



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