

BEET



RUSSIAN

Svekla (свекла)

SPANISH

Betabel

VIETNAMESE

củ cải đường

Beets are sweet and delicious to eat! Who has tasted a beet? What did it taste like? We can roast beets in the oven, or eat them raw. We can also eat pickled beets, or eat beets in soup. There is a special beet soup called Borscht – has anyone tasted it?

How do BEETS grow?



How do BEETS grow?

Beets grow from seeds, and need water and sunlight to grow. Beets are root vegetables that grow under the ground. Beet leaves (called “beet greens”) grow above the ground. We can eat beet roots and beet greens. When beets are ready to eat, pull them from the soil.

What other vegetables grow in the soil, under the ground?

SAME BUT DIFFERENT BEETS



Golden (Orange) Beets



Red Beet



Chioggia Beet

There are many different kinds of beets. Here are three kinds (point to each one as you say the name):

1. Red Beet
2. Golden Beet
3. Chioggia (pronounced “Kyo-Jya”) Beet

You can grow different kinds of beets in a garden. Farmers can grow different kinds of beets on their farms, too.

What colors do you see?

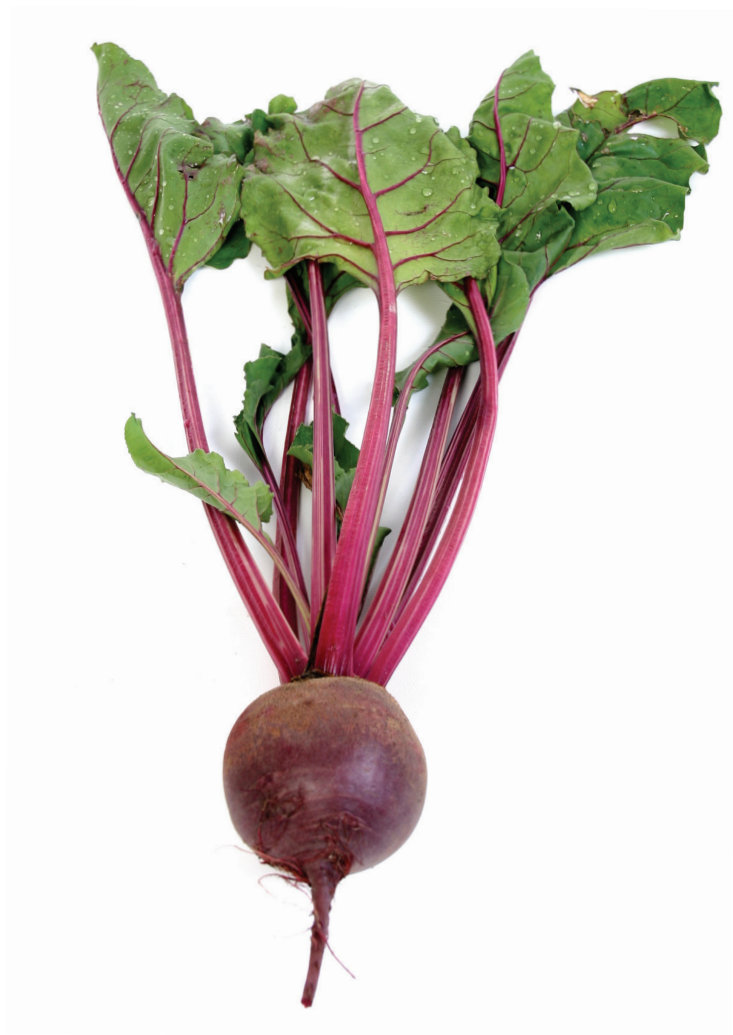
How are these beets the same?

How are these beets different?

Which one do you think is a “golden beet”?

Which one is a “red beet”? Which one is a Chioggia (“Kyo-Jya”) beet?





Red Beet





Golden (Orange) Beets





Chioggia Beet