

NOVEMBER

# BEEETROOT

Beetroot is a great source of vitamins and minerals and contains good levels of potassium, magnesium and iron as well as vitamins A, B6 and C, and folic acid.

Beets also contain carbohydrates, protein, powerful antioxidants and soluble fibre.

Three baby beetroot equal one of your recommended five portions of fruit and vegetables a day.

Getting in a jam - The red pigment in beetroot is used to colour strawberry jam as well as to improve the colour of tomato paste, sauces and strawberry ice cream.

Record breakers - The worlds heaviest beetroot weighed 23.4kg (51.48lb) and was grown by Ian Neale from Somerset in 2001.

