



# Beets!

Beets yog ib hom zaub ntug hauv paus ua muaj ntau hom:



xim daj, xim liab, kab txaij.

Hauv Minnesota, beets zoo de thaum lub xyab hli txog kaum hli ntuj.<sup>1</sup>

Beets cov nplooj noj tau thiab! Nws qab li zaub spinach.<sup>2</sup>

1. <https://minnesotagrown.com/whats-in-season/>
2. <https://www.softschools.com/facts/plants/beetroot-facts/661/>



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