



Beets!

Beets are a root vegetable, with different varieties:



golden, dark red, and striped.

In Minnesota, peak season for beet is from July to October.¹

Beet leaves are also edible! They taste a little like spinach.²

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



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