



Beets are native to the shores of North Africa, Europe and the Middle East; they were first cultivated by the ancient Romans. In the 19th century, when it was found that beets could be converted into sugar, the crop's commercial value significantly grew. Beets are a member of the Amaranthaceae family, along with chard, quinoa and spinach. This root vegetable comes in an array of colors, including: deep red, red and white striped, orange, golden yellow and purple.

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