



## THIS MONTH'S HARVEST

# BEETS

### TRY A BITE

*with*

VERMONT HARVEST OF THE MONTH

[www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org)



### DID YOU KNOW?

Did you know that Betanin is the pigment that gives beets their deep purple-red color? It is known for its cancer-fighting properties.

