Bb

Beets:

- Highest sugar content of any vegetable
- Improves stamina and digestion
- Good for the heart, blood pressure and circulation.
- High in iron
- Drinking beet juice gives energy when exercising
- Not pollinated by bees, but by wind or self-pollination.
- A Dutchman grew the largest beet weighing 156 lbs.
- Beet juice cleanses the liver.
- They are 75 % water.
- Australians eat pickled beets on their hamburgers.
- Are known to have grown in the gardens of Babylon in 800 BC
- Long ago, were used for headaches and toothaches

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