

Vegetables: Good For You – Friendly On The Pocketbook

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OBJECTIVE

Four varieties of beets were planted for locals to taste test and be educated regarding the local farmers market and the many health and cost benefits that can be reaped from purchasing and eating fresh vegetables. Included was Detroit Dark Red, Cyindra, Chioggia, and Golden Beet.

TECHNIQUES UTILIZED

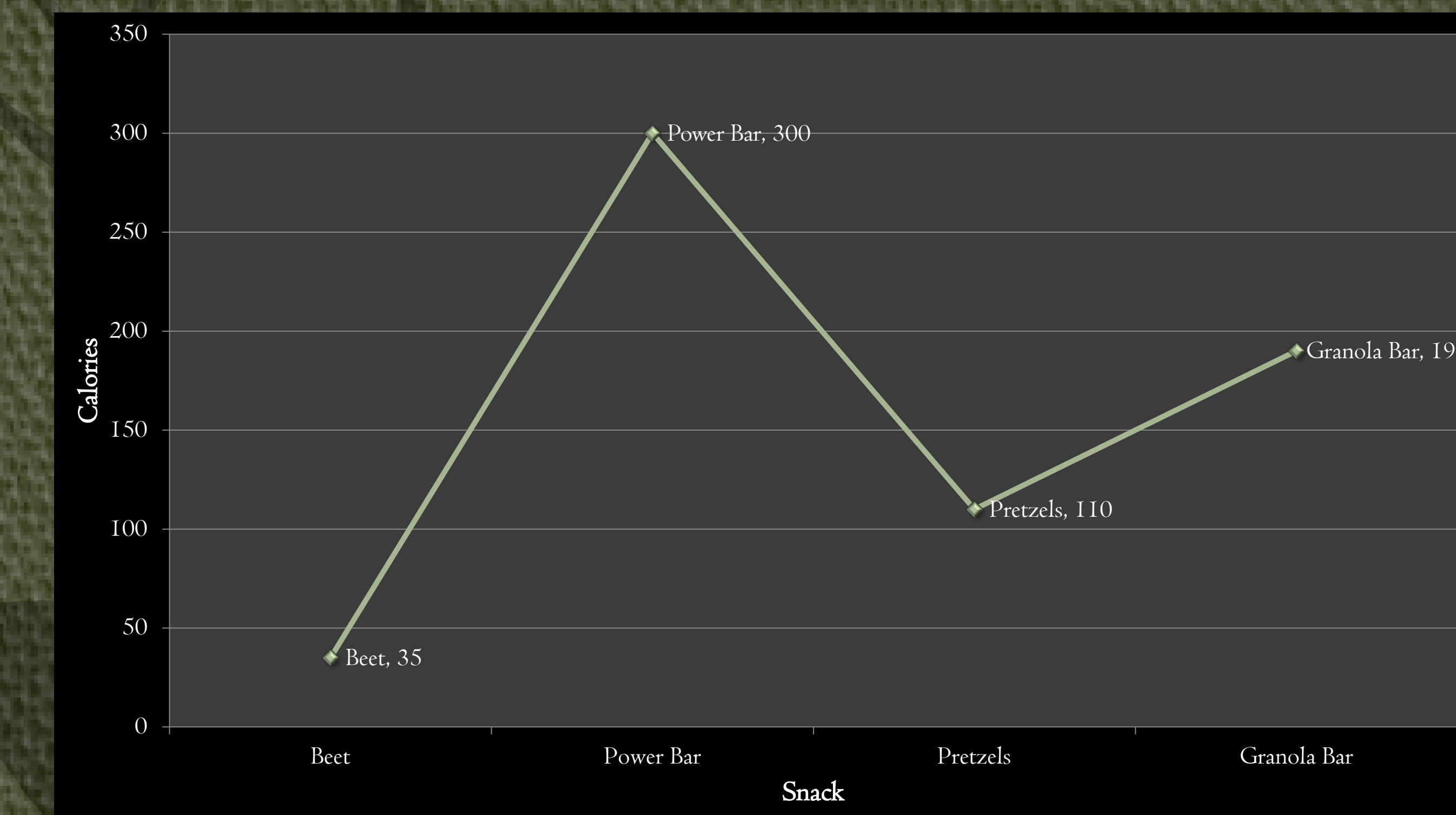
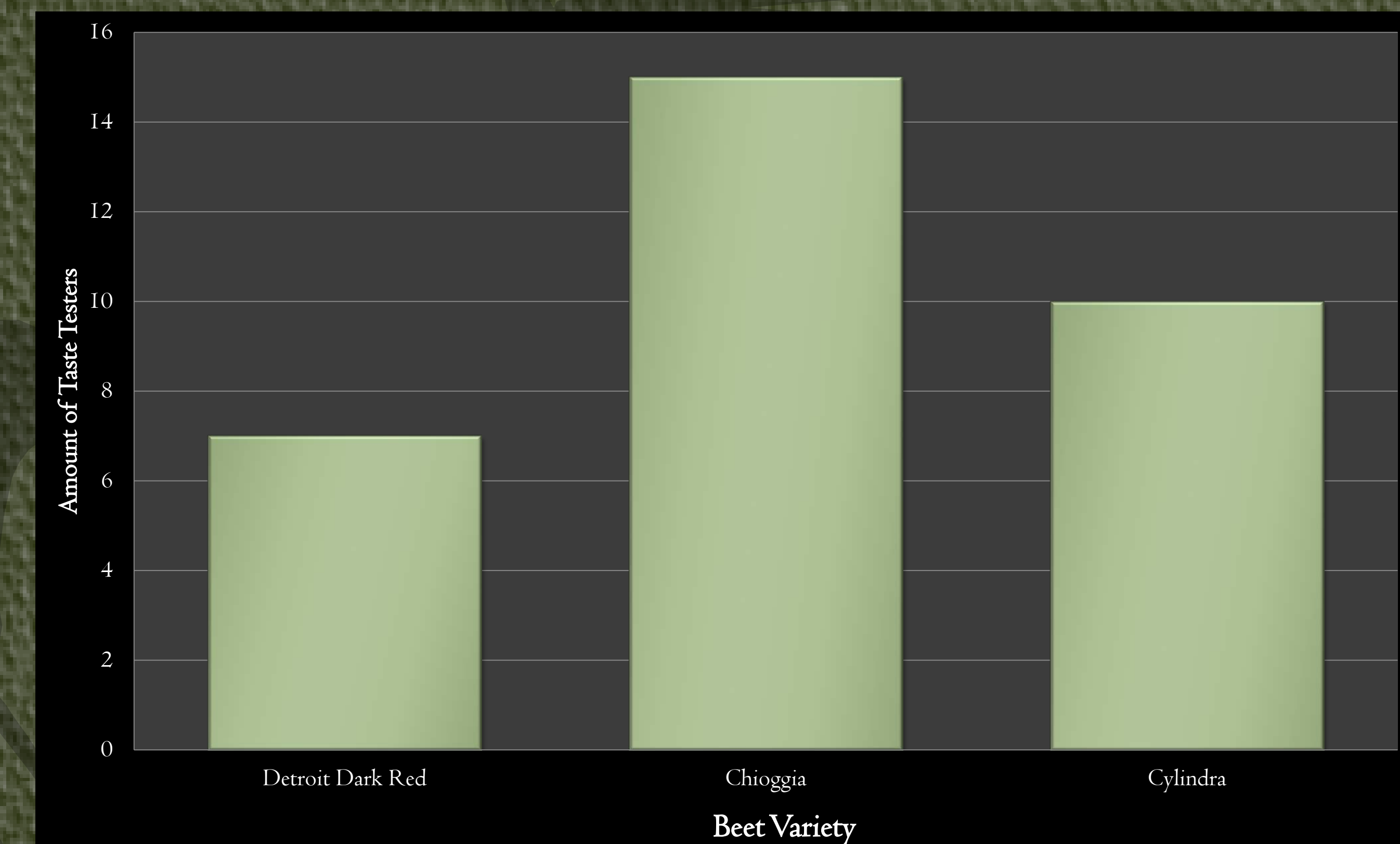
On March 1, 2013, four beds of four different beet plants were sown. Included was Detroit Dark Red, along with Cyindra, Chioggia, and Golden Beet. The stage for the experiment was set in San Juan, TX, in a small garden like space. A blind test was performed for each variety and bed, resulting in the four varieties sown at random throughout the beds and then documented. Grated samples of three of the four varieties were taken to the provincial farmers market for taste testing for locals in our community.



ACKNOWLEDGEMENTS

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RESULTS



CONCLUSION

The goal once again was to share the shaved raw beets so that people can learn what fresh food taste like and encourage them to purchase fresh beets and include them in their diet. Any effort we make to introduce fresh food is good, especially since over two-thirds of Americans are overweight or obese. With taste, cost, and most importantly health being benefits, you should be sure to not miss a 'beet' from now on!