

Beets



Beets are a great source of glycine betaine that helps lower homocysteine levels. It also contains Vitamin A, C and minerals like folate.



The seeds are grown in clusters found on the plant itself. Each seed is about the size of a pea.

Beets are locally grown here in Hawaii.



Just like carrots, beets are also grown underground; they are a root plant. They take about 10-12 weeks to grow, and produce best in more cooler temperatures.