



## BEET ROOT POWDER

**Botanical Name:** Beta vulgaris

**Common Name:** Table beet, garden beet, red beet

**Medicinal part:** Leaves (beet greens), roots (taproots)

**Description:** Originally, beet leaves and stalk were consumed while the roots were discarded or used for medicine. It wasn't until the mid 1500s that Germany and Italy began recording cultivation of the plant for its bulbous roots. In 1747, a chemist in Berlin discovered a way to extract sugar from beets. Today, beets account for roughly 20% of the world's total sugar production.



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