



Beetroot

Variety: CRIMSON GLOBE

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement:

300–350 mm of water is required throughout the growing cycle, an average of 4 mm per day.



Fertilizer/compost:

15–20 ton/ha



Soil type:

soil with pH 6.0 – 6.5

Spacing b/n plants:

35x10 cm

Intercropping:

Onions, garlic, bush beans, lettuce, broccoli, cabbage, corn, and oats.



Day:

12–19 °C (max: 35 °C)

Night:

10–12 °C



Fertilizer/vermicompost:

10–15 ton/ha



Altitude for growth:

2500 masl = most productive



Yield/ha:

18–20 tons on farmer lands



Seed rate:

10 kg/ha

Plant population:

350,000–500,000 per ha



Growth period:

2.5–3 months

Types of sowing:

Direct



Date of germination:

10–14 days



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled beetroot contains per 100g:

- Rich in mineral (calcium, potassium) and fiber
- Source of vitamin C
- **Vitamin C:** It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- Carbohydrates: 9.96g
- Energy: 44kcal
- Fat: 0.1g
- Iron (Fe): 0.79 mg
- Proteins: 1.68 g

Recommended serving per day:

Average population:

eat 2 medium-sized scoops of boiled beetroot

Children 2–5 years old:

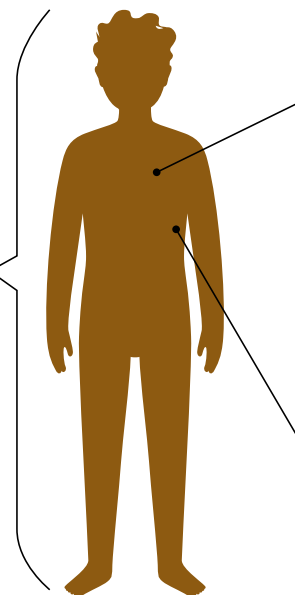
eat 2 medium-sized scoops of boiled beetroot

Children 6–18 years old:

eat 2 ½ medium-sized scoops of boiled beetroot



Reduces the risk of several chronic health conditions



Good for heart and blood pressure, fat and cholesterol* free

Beets are a good source of fiber, which are good for the digestive system

*Cholesterol is a substance that helps build cells and vitamins but an excess of it is unhealthy.