

Red Striped Beet (Chioggia)



Look:

The skin of the beet is burgundy. They seem ordinary on the outside, but once you open one up, you'll discover a candy cane striped pattern!

Taste:

Chioggia beets have a crunchy texture when raw and become more tender after cooking. This variety has a mild, sweet, and earthy flavor.

Touch:

Chioggia beets' skin is semi-rough, firm and covered in fine hairs. The inside is dense and naturally striped with rings of white and fuschia.

CIAO

Chioggia beets originated in Italy near Venice.



Did you know?

The red striped beet is also known as Candy-Cane Beet or Bull's Eye Beet due to their unique and brightly ringed flesh!



Health Benefits

- Heart and blood pressure
- Anti-inflammatory properties
- Athletic performance
- Brain health
- Digestive health
- Rich in vitamins and minerals
- Antioxidant-rich
- Edible greens

