PLANT FACT SHEET

Beta vulgaris var. crassa L., Alef.

GENUS *Beta* **FAMILY** Amaranthaceae

COMMON NAMES Beetroot

EDIBLE PARTS AND USES

Edible parts: Root

DESCRIPTION

A herb.

HABITAT

A tropical plant.

NOTES

Probably all Beta are one species and 2 main forms - Cicla - for leaves, and Contiva - for roots.
Also put in the family Chenopodiaceae.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 76

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Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 59

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/13b057d5-31dd-4b67-9a66-b24b508215d4