PLANT FACT SHEET

Beta trigyna Waldst. & Kit.

GENUS *Beta* **FAMILY** Amaranthaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Root

The leaves are fried in oil and eaten. The leaves are used for sarma in Turkey. They are rolled around a filling of rice or minced meat.

DESCRIPTION

A herb.

HABITAT

It is a temperate 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.

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