

Kitchen garden Project by Hugh Bertei 6c

Beetroot

Beetroot, *Beta vulgaris* as its botanically called, were first grown for greens in the ancient middle east but then they discovered the root could also be eaten. The beetroot is part of the beet plant, the word beet comes from the Latin word, Beta. It is used for food, food colouring and for medicine. In the middle ages, beetroot was used for treating illnesses, especially for blood and digestive conditions.

This beetroot was picked from our hot house (like a green house) and home grown. We used the beetroot leaves and some other plants from our hot house to make a salsa Verde.





Leaf
edible

Root
edible

Common Name: Beetroot
Botanical Name: *Beta vulgaris*
family: Amaranthaceae



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1 cup parsley

1 cup beetroot leaves

$\frac{1}{2}$ cup Kale

1 cup Silver beet

Juice of 1 lemon

$\frac{1}{2}$ cup olive oil

1 garlic clove

Method

put in food processor until
paste-like.

Garlic was first put in the food processor with Skin on.



Skin was then removed.



Greens were washed and added



Lemon juice and Olive oil were added.



The mixture was pushed down from the sides of the bowl and re-mixed.



Add the Salsa verde in pasta or on
Cooked Salmon!

THEN EAT!