

Touchstone Gold Beets



Beets are enjoying a come-back! Not only are they delicious, but nutritious. Beets provide a rich source of carbohydrates and protein, and have high levels of important vitamins, minerals and micronutrients. They are a great source of potassium, magnesium, folic acid, iron, zinc, calcium, phosphorus, sodium, niacin, biotin, betanin and beta-carotene. They also contain the important vitamins – A, B6 and C – plus, powerful antioxidants and soluble fiber.



Beta vulgaris 'Touchstone Gold'

- **Use:** Touchstone Gold has vibrant yellow to golden, smooth, globe-shaped roots. It has medium-sized crowns and tap roots. This variety is mid to late maturing. Touchstone Gold's roots have little to no zoning. It has a mild, sweet flavor that is delicious.
- **Exposure/Soil:** Full/part sun; well-draining soil and appreciates slow release fertilizer.
- **Growth:** Grows 21-26" tall.
- **Hardiness:** Zone 5-9; annual, winter hardy
- **Foliage:** Vibrant yellow internal color, Mild sweet flavor
- **Flowers:** Not known for flowers.

For more information on availability visit our website www.growersoutlet.com