1.) Go to <u>https://exchange.yieldfields.finance/pools</u> and search for Beet. Click **Enable** and accept all permission to access your Beet on metamask.

0.0 0 USD	37.79%	55,630,968 BEET	Starts in 13,301 blocks	Ō	Hide A
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	s Ō	s Õ BEET EARNED O	s Õ BEET EARNED O Harvost	s Õ BEET EARNED O Harvest	s Õ BEET EARNED O Harvost Enable

2.) Click on **Stake** and confirm the amount of Beet to stake.

😹 Earn BEET	BEET Earned	APR 37.79%	Total staked 55,630,968 BEET	Starts in 13,228 blocks	Â	Hide ^
Stake BEET	o usp	31.19%	55,630,968 BEET	13,228 DIUCKS	Ō	Fille A
Starts in: 13,228 l	olocks Ō					
View Project Site 🛽	BEET EARNE	al and a second s		STAKE BEET		
View Contract [0		Harvest		Stake	
Add to Metamask 🐹						

3.) Select the maximum amount of BEET to stake and click on **Max** to stake all your BEET. Click on **Confirm** and confirm the transaction on metamask. Once completed, your Beet is added to the staking pool.

Stake in Pool	×
Stake:	👹 ВЕЕТ
14	883.75814111 ~7.32 USD
Bala	ance: 14883.75814111
25% 50% 75%	MAX
Annual ROI at current rates:	\$3.36 🗮
Confirm	
Get BEET	