

— CARROTS —

What are they?

- Carrots are a type of root vegetable which means they grow in the ground.
- They have a long, slender shape.
- Carrots can come in different colors including purple and yellow, but the most common color is orange.
- Fresh, young carrots have a sweet taste.
- They are usually 8 to 11 inches in length with a long green leafy top.



When are they available?

- Harvested fresh locally July through November.
- Available locally from storage usually December through March.

What's so cool about them?

- A baby carrot isn't exactly a baby. Baby carrots come from a large carrot that has been rolled over blades and thrown around in a metal cage to be rubbed down to a short, round-ended baby carrot.
- Americans eat, on average, 10.6 lbs. of fresh carrots per person per year.
- The top producing states of carrots are California, Washington and right here in Wisconsin.
- Carrots have a higher natural sugar content than all other vegetables with the exception of beets. This is why they make a wonderful snack when eaten raw and make a tasty addition to a variety of cooked dishes.



Why should I eat them?

- Eating one medium carrot gives you double the amount of vitamin A you need for the day. Vitamin A is good for eyesight, skin health, and normal growth.
- Carrots are also a good source of fiber, vitamin C and potassium, as well as vitamin B6, folate, and several minerals including calcium and magnesium.

