

# Carrots



# Carrot Facts

- Carrots come in many sizes and shapes: round, cylindrical, fat, very small, long or thin.
- Carrots come in many different colors (purple, yellow and off-white) but are usually orange in color.
- Did you know carrots are a root vegetable? *(The edible or orange part of the carrot grows underground.)*
- Carrots are members of the parsley family. *(Their feathery green leaves look somewhat like parsley. Other members of this family are celery, parsnips, dill, fennel and the wildflower called Queen Anne's Lace.)*
- You can eat carrots raw, cooked or even as a juice. *(Carrots can be roasted, boiled, steamed, grilled or used to make cakes or breads.)*
- Carrots contain more sugar than any other vegetable, except for the beet.
- “Baby” carrots are actually larger carrots that are cut down to look smaller.
- Carrots provide 30% of the vitamin A in American diets. *(Vitamin A is important for cell growth and development, for fighting diseases and for good vision.)*
- Carrots are a great healthy, snack and can be peeled or cut ahead of serving and kept in the refrigerator for a week in a container with fresh water in it. *(Serve carrots for dipping with hummus, dips, peanut butter and tzatziki sauce.)*
- The Vitamin A and antioxidants in carrots protect the skin from sun damage.
- Fast-growing varieties mature within three months of sowing the seed, while slower-maturing varieties are harvested in autumn and winter.
- Carrots are one of the ten most economically important vegetable crops in the world.

