



Carrot Information Sheet

Purchasing Specifications

Specifications should state grade, type, size, and quantity. Carrots should be brightly colored, firm, and have a cylindrical shape, diameters of 3/4" to 1 1/2" are preferred. No more than 10% of the entire order should have defects that make the carrots unusable, and no more than 1% should be affected by decay. Colored carrots and bagged processed baby carrots are not covered under any U.S. grade standard.

Measure	Length in Inches
Short	2 to 4
Finger	3 to 4
Half-long	5 to 6
Cylindrical	6 to 7
Standard	7 to 9

Carrot Types with U. S. Grades

- **Topped Carrots** have the leaves trimmed to no longer than 1" or they may be trimmed flush to the top of the carrot. This is the most common type.
- **Bunched Carrots** are marketed with the tops still attached. The tops are "full", that is not cut back unless exceeding 20".
- **Carrots with short trimmed tops** are marketed with the tops trimmed to a length of no more than 4".

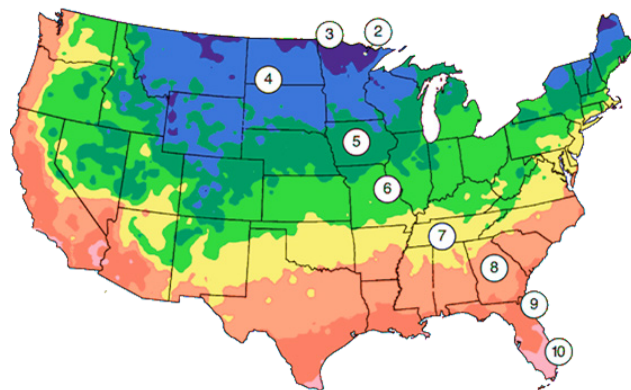
Although colored carrots do not have an official U.S. Grade, they have been shown to have similar nutritional content as their orange counterparts.

Most Common U.S. Grade

U.S. No. 1 is common to all carrot types with an established U.S. Grade. U.S. No. 1 carrots are of similar varietal characteristics with roots that are firm, fairly clean, fairly well colored, fairly smooth, well formed, free from soft rot and damage caused by freezing, growth cracks, sunburn, pithiness, woodiness, internal discoloration, oil spray, dry rot, other diseases, insects, or mechanical or other means.

Domestic Harvest

Carrots are unique because they can be harvested year around in some parts of the country, even during the winter months. Carrots are more readily available in the spring and fall months in their corresponding growing regions. Most domestic carrots for fresh use are grown in California, Colorado, and Michigan.



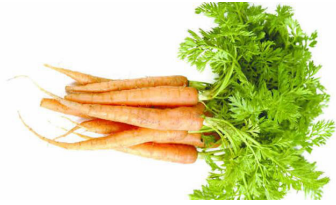
Check with your county or state Cooperative Extension Office for specific information regarding carrot production in your area.



Carrot Information Sheet, continued

Receiving Guidelines

Desirable Characteristics



- Acceptable color and shape.
- Slightly sweet to taste. Snap when bitten.

Product Defects



Misshapen



Growth Cracks



Fresh Crack



Insect



Dirty



Decay

- Carrots should not have rough texture or be soft to touch.

Storing and Handling Guidelines

- Store carrots ideally at 32 °F with a relative humidity of 90-95% and some air circulation. Under these conditions, carrots will be acceptable for about 4 weeks. Carrots stored at general refrigeration temperatures below 41 °F in sealed bags have approximate shelf life of 10 days. Carrots may be stored in dry storage below 75 °F for up to 4 days.
- Remove green tops to carrots prior to storage to increase shelf life because the tops will use water and drain nutritional value from the carrot.
- Store carrots away from ethylene-producing fruits and vegetables, because ethylene causes a bitter flavor in carrots.
- Wash and scrub carrots prior to use under cold, running water. To remove additional debris, gently scrape the skin using a knife.
- Blanch sliced carrots for three minutes to freeze. Cool carrots to 41 °F, package and freeze for up to three months.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.
© 2016, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold. The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.



For more information, please contact helpdesk@theicn.org.

Updated: 02/2016

