

This Week's Featured Food:

Rainbow Carrots



Did you Know?

- Carrots have been around since the 1500s.
- Rainbow Carrots usually grow in the Mediterranean and Central Asia, but they are grown here in the United States as well.
- Carrots grow as a root with a bushy green top!
- The peak season for carrots is in the fall.
- Each different color has a different flavor, which one is your favorite?
- Carrots are high in Vitamin A and beta-carotene, which both help support eye health!



This Week's Featured Food:

Rainbow Carrots



"This institution is an equal opportunity provider."

