

Carrots

Pick carrots which are a dark orange in color.
More beta-carotene is present in carrots which have a dark orange color.

Carrots are vegetables which grow in the ground as taproots (main roots of a plant).

The carrot originated about 5,000 years ago in Middle Asia around Afghanistan.
In Roman times, carrots were purple or white.
In the 16th century, Dutch growers bred the vegetable to grow in the colors of the House of Orange.

Over half of the carrots grown in the United States are grown in California. Carrots are available all year long.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- High in beta-carotene
- High in vitamin A

VARIETIES

The variety of carrots usually found in supermarkets is 7 to 9 inches long and $\frac{3}{4}$ to $1\frac{1}{2}$ inches in diameter. Baby carrots were once longer carrots that have been peeled, trimmed and packaged. There are many other varieties of carrots with colors including white, yellow, red and purple.



USES

Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups and stews, or shred and bake them into cakes or breads.

Many carrots are grown in Nebraska.



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This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.