

Fresh Fruit & Vegetable Program: April 2023

Featured Fresh Vegetable: **CARROTS**



Health Benefits:

1. Vitamin C – immune system and healing
2. High in Beta Carotene – supports healthy vision
3. High in Fiber – digestive health and stable energy



Fun Facts:

1. Baby carrots aren't born that way! They are cut from a special type of carrot that is tender and narrow.
2. The carrot that is used for baby carrots is harvested at 120-140 days where full-sized carrots grow for 160-220 days!
3. Purple carrots contain a special antioxidant called anthocyanin!

