

# Carrots



- Carrots are a root vegetable.
- Carrots are 87% water.
- The average person will consume 10,866 carrots in their lifetime!
- Carrots are the second most popular type of vegetable after potatoes.
- Did you know?? Wild rabbits actually do not eat wild carrots!
- The heaviest carrot weighs 22.44 pounds and was grown by Christopher Qualley of Otsego, Minnesota.



## Dip Ideas for your Carrots:

1. Ranch Dressing
2. Hummus
3. Peanut Butter
4. Cheese Cup or Sauce
5. Spinach Dip



## Carrot Joke:

