

# BABY CARROTS WITH RANCH

Did you know



CARROTS HAVE BEEN TRACED TO GO BACK AS FAR AS 5,000 YEARS!!!!  
THEY WERE FIRST GROWN AS MEDICINE FOR MANY SICKNESSES, NOT AS FOOD.  
CARROTS ACTUALLY GROW IN MANY DIFFERENT COLORS.  
THEY GROW IN WHITE, YELLOW, RED AND PURPLE!  
CARROTS ARE A VEGETABLE BUT ARE A ROOT ALSO.  
THEY ARE CLOSELY RELATED TO A SPECIALTY VEGGIE CALLED PARSNIPS.

## Nutrition

Baby Carrots are good for your heart and your  
❤️ vision.

