

## Tri-Color Carrots (Rainbow Carrots)

Rainbow carrots are edible root veggies that grow in beautiful colors like purple, red, yellow, white, and orange. These carrots are domesticated versions of the wild carrot, also known as *Daucus carota*. Expect these carrots to grow nice and long, generally between 6 and 11 inches.

**Tri-color/Rainbow carrots are not genetically modified. In a truly interesting twist, orange carrots are not the original variety. Years of careful crop selection and selective breeding helped to arrive at the delicious carrots we have today. Rainbow varieties come from the wild carrot, eventually cultivated into delicious and non-GMO veggies.**

Purple carrots are high in anthocyanins, which are rich in antioxidants. Yellow carrots contain xanthophylls, which is linked to having good vision. Red carrots are a good source of lycopene, which can help fight against heart disease and some cancers



**Do different color carrots taste different?**

Well, the answer to that question is yes, they do!

Purple carrots **have an intensely sweet flavor and can sometimes have a bit of a peppery flavor. Purple carrots are only purple on the outside – their insides tend to be orange colored.**

White or Golden Carrots **are yellow or cream colored. They are mild and a bit sweeter than orange, red, or purple carrots.**

Red carrots **don't differ in taste much from orange carrots. Their red color, though, comes from lycopene, the heralded antioxidant in tomatoes.**

Tri-Color  
Roasted Carrot  
Recipe



A carrot's favorite movie is  
Pirates of the Carrot-Bean!

