

Carrots

HARVEST OF THE MONTH

Carrots are a root vegetable like potatoes, turnips and beets. Root vegetables are the edible roots of plants that grow underneath the ground. Above ground, they have ferny, green leaves. Carrots are often used for cooking and they have a lot of vitamin A. You can chop carrots for soups and stews, eat them raw in salads or with a dip, shred them for carrot cake and other desserts, or even blend them for a yummy juice.



did you know?

Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.

fun fact

Carrots started out white or purple in color. The first orange carrots were grown in the Netherlands because orange was the official color of the royal family.

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