



CARROT



The carrot is a very versatile root vegetable with many health benefits. Carrots are related to celery, parsnips, and many herbs like parsley, dill, and fennel!

NUTRITIONAL INFORMATION

- Carrots are 86-95% water! This means they help keep you hydrated.
- Carrots are high in antioxidants which helps boost your immune system and can reduce risk of cancer.
- Carrots contain beta carotene which is converted in your body into vitamin A which helps in immune function and vision.

HOW TO STORE

- Remove the leaves off of the top of the carrot before storing.
- For best results, store carrots in water in the refrigerator for up to one week. This will keep the carrots fresh and crisp for longer!

HOW TO PREPARE

- Always wash carrots before preparing
- If the carrots have leaves, remove leaves with a knife and peel skin off outside of carrot.
- Carrots can be eaten raw or cooked! For raw preparation, simply chop and eat with dressing, on top of a salad, or just plain!

FUN FACTS

- Carrots were originally not grown for food but to use as medicine.
- Carrots are not only orange. They are often grown as red, yellow, and even purple!



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