



Carrots



Varieties: Carrots are categorized into two different groups, Eastern and Western carrots. Western carrots are typically the orange variety that we think of, while Eastern varieties tend to be purple or yellow and are often forked. Carrots can also be red and white.

Selection: Choose carrots that are incredibly firm and crisp. Avoid "bendy", hairy or shrively carrots. Avoid carrots that have white, chalky or dried out surfaces. Carrots should smell sweet. If with tops, the green stems should be fresh and erect.

Storage and Handling: refrigerate carrots wrapped tightly in a plastic bag. If purchasing with tops intact, the tops must be fresh and erect and preferably brightly colored with no darkening. Remove tops before storing carrots.

Nutritional Benefits: Carrots are an excellent source of Vitamin A and are a good source of Vitamin C. Carrots are Fat & Cholesterol free!
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Nutrition Facts	
Serving Size 7" long, 1 1/4" diam. (78g)	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 110%	Vitamin C 10%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Fun Facts:

- * Carrots get their name from the Greek word; Ker, or horn.
- * Carrots originated in Afghanistan.
- * Cooked, carrots can provide up to 39% of the daily Beta Carotene requirement vs. raw carrots @3%!
- * Holtville, CA. promotes itself as the "carrot capital of the world."
- * Carrots are related to fennel, dill, parsley and cumin.
- * The largest carrot recorded was grown in Alaska, in 1998 and weighed 19 pounds!

Easy Ways To Enjoy Carrots

- * Peeled, stick-cut carrots are an extremely healthy snack. Store in cold water to keep crisp once cut.
- * Carrots are fabulous in everything from rice pilafs and stir-fries to soups, stews and of course side dishes.
- * Organic carrots are typically juiced, for a healthful drink, and are typically only washed well, but not peeled.
- * Carrot make excellent soup, by simply simmering in stock until tender and then pureeing with that stock until smooth.
- * Don't forget carrot cake and muffins too!

