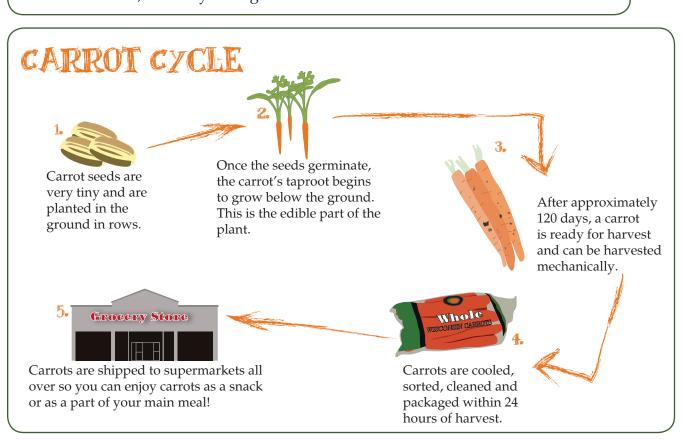


CARROT FAST FACTS

- Carrots were **ORIGINALLY PURPLE** and **ZEMOW**, it wasn't until the 1600s that orange carrots were developed.
- The flower called QUEEN ANNE S LACE is actually a wild carrot.
- California is the leading grower of fresh carrots, about 80% of the Nation's carrots are grown there.
- Wisconsin ranks ³⁰⁰ in the nation in carrots for processing!
- Wisconsin carrots are harvested in the **LATE SUMMER** and **EARLY FALL** and can be stored throughout the winter.
- **BABY-CUT CARROTS** are not necessarily small carrots, but are made from full-grown, small diameter carrots by peeling and cutting them to the desired length.
- Carrots can be purchased in MANY FORMS, fresh or frozen.
 - fresh carrots
- carrot coins
- baby-cut carrots
- carrot chips
- carrot sticks
- Carrots are an excellent source of **BETACAROTENE**, which your body converts into Vitamin A, and they are a good source of fiber.





Source: fns.dpi.wi.gov/sites/default/files/imce/fns/pdf/ffvp_fs_ct.pdf Source: California AITC