

CARROTS

CARROT FAST FACTS

- Carrots were **ORIGINALLY PURPLE** and **YELLOW**, 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 **3RD** 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
 - baby-cut carrots
 - carrot sticks
 - carrot coins
 - carrot chips
- Carrots are an excellent source of **BETACAROTENE**, which your body converts into Vitamin A, and they are a good source of fiber.

CARROT CYCLE

