

# CARROT

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Carrots are root vegetables. They are usually orange in color, though purple, black, red, white, and yellow carrots exist.
- Select carrots that have a good, smooth form and a hearty orange color with their fresh and bright green leaves attached (these tend to keep better and taste fresher).
- Carrots are a great source of vitamin A, which is needed for the growth and healing of body tissues. Vitamin A also helps maintain smooth, soft skin, improves eyesight, and assists in forming bones and teeth.



## PREPARE

Always wash carrots before eating. Cut off the greens from the stem end of the carrot. Older carrots tend to have bitter skin and should be peeled.

Try carrots:

- *Whole, grated, shredded or sliced* into sticks or rounds
- *Raw* as a healthy snack
- *Roasted* with oil and your favorite seasonings
- *Sautéed* as part of a soup or stir fry

## STORE

- Remove tops before storing.
- Refrigerate or store in a cool place in a perforated bag or container to allow for air circulation. Carrots will keep for several weeks.