CARROT

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.