Carrots

A root vegetable

What nutrients are found here?

Beta Carotene, C, K, & Fiber

(The antioxidant beta carotene converts to vitamin A)

What do those nutrients do in my body?

- Support the immune system.
- Support eye and skin health.
- Fiber helps regulate the digestive system.

How/Where can I grow my own carrots?

- In the ground, in a raised bed, or in a large tub.
- Carrots thrive in direct sunlight & loose soil.
- They are frost tolerable & planted early in the spring.

How should I store freshly picked carrots?

- Store in the refrigerator, unwashed.
- Separate the carrot root from the green tops & store with a dry towel in separate, sealed containers.

How can I eat carrots?

- Any way you want!
- Raw, boiled, roasted, pureed
- In soups and/or on salads

