

Carrots





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SHOPPER'S TIPS

- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that are crackled, shriveled, soft, or wilted.

FUN FACTS!

- Carrots, which came from Central Asia, were originally purple, white, and yellow in color.
- Most baby carrots you find in the store are made from large carrots that have been peeled and trimmed. The trimmings are used in salad mixes, juices, and other carrot products.

WHAT IS IN IT FOR YOU?

One cup of chopped carrots is:

- An excellent source of vitamin A and vitamin K.
- A source of fiber, vitamin C, and potassium.

SERVING IDEAS

- Snack on carrot sticks and light dressing.
- Add shredded carrots to coleslaw for extra crunch, color, and flavor.

PEAK SEASON

California grown varieties, available year round, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store carrots in a plastic bag and refrigerate for up to two weeks. If you buy carrots with the green tops, break off the tops before refrigerating.