

# Carrots

**Carrots come in different shapes — round, cylindrical, fat, thin, short, and long — and colors, including orange, purple, red, yellow, and off-white.**



**CARROT  
FACT**

**1**

GARDEN STATE ON YOUR PLATE<sup>SM</sup>  
IS A PROJECT OF THE PRINCETON  
SCHOOL GARDENS COOPERATIVE



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FUNDED THROUGH A GENEROUS  
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AND WHOLE EARTH CENTER

# Carrots

**Carrots are root vegetables. A carrot is actually a taproot, which is a big main root that grows straight down and puts off lots of smaller side roots.**



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**Carrots are in the Umbelliferae family — the same plant family as parsley, celery, parsnips, dill, fennel, and Queen Anne's Lace.**



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# Carrots

**Carrots contain more natural sugar than any other vegetable, except beets.**

**Carrots can be eaten raw, roasted, boiled, steamed, pickled, juiced, and grilled.**



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**“Baby” carrots are actually larger carrots that have been peeled and polished until they turn into short, round-ended baby carrots.**



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**Carrots are one of the best sources of Vitamin A — providing 30% of the vitamin A in American diets.**

**Vitamin A is good for vision, bones, and teeth. Vitamin A and antioxidants in carrots protect the skin from sun damage.**



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**Carrots are one of the ten most economically important vegetable crops in the world. Americans eat, on average, 10.6 pounds of fresh carrots per person per year.**



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**The domesticated carrot that we know today originated from the wild carrot, *Daucus carota*, which is native to Europe and southwestern Asia.**



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**Carrots are loaded with beta-carotene, a natural chemical that the body turns into vitamin A. The deeper orange the carrot, the more beta-carotene you're getting.**



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**Carrot leaves are edible.  
They have an earthy,  
herbal flavor and can be  
made into pesto or chopped  
and added to salads.**



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**10**

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