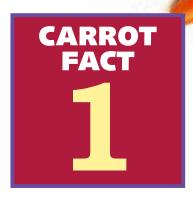


Carrots come in different shapes round, cylindrical, fat, thin, short, and long and colors, including orange, purple, red, yellow, and off-white.



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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 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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