

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 SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
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.



**CARROT
FACT**

2

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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



**CARROT
FACT**

3

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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

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



**CARROT
FACT**

4

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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



**CARROT
FACT**

5

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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.



**CARROT
FACT**

6

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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.



**CARROT
FACT**

7

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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



**CARROT
FACT**

8

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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.



**CARROT
FACT**

9

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Carrots

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



**CARROT
FACT**

10

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER