

Try Me!

Carrots

Did You Know?

Eating three carrots gives you enough energy to walk three miles!

...and, the average person will eat 10,866 carrots in their lifetime.

Are you a carrot-lover? Mel Blanc, the voice of Bugs Bunny wasn't. He once told fans he was allergic to carrots. Really, he just didn't like them!

Before you bite into your next carrot, here's some more history and background about this common vegetable:

- Carrots are in the same family as celery, parsley, dill, cilantro, caraway, cumin, and the poisonous hemlock.
- China is the world's top carrot producer. Russia is second and the U.S. is third.
- Carrots are usually grown from January until July. They take 6-21 days to germinate and 70-100 days to fully mature.
- Carrots are native to Afghanistan.
- Carrots used to come in all colors: red, purple, black, yellow, and white! They were selectively bred by the Dutch to become bright orange and contain large amount of beta carotene.
- Carrots have high amounts of beta-carotene. When digested, our body converts the beta-carotene into Vitamin A that is important for healthy eyesight, skin, growth, and the immune system.
- The British used to believe carrots were very fashionable, and women would decorate their hats with carrot tops!



FUN FACTS:

Longest carrot ever recorded: almost 17' long

Largest carrot ever recorded: weighed almost 19lbs

The last meal on the Titanic included creamed carrots.

Carrots have the second-highest sugar content of any vegetable, after beets.

Carrots were the first vegetable to be canned commercially.

Eating/ Cooking

- When fresh, carrots should have a crisp texture.
- Carrots are most healthy when eaten cooked (unlike most other vegetables). This is because cooking breaks down the carrots' tough cellular walls and releases more beta carotene.
- Carrots should be kept refrigerated until they are eaten (but make sure to remove the tops first).
- Do not store carrots with fruits – it decreases their storage life!
- Carrots taste great when seasoned with dill, tarragon, ginger, honey, brown sugar, parsley, lemon juice, or orange juice before cooking!

