

CARROTS

Did you know . . .

Carrots have been traced to go back as far as 5,000 years!!!!
They were first grown as medicine for many sicknesses, not as food.


Carrots actually grow in many different colors

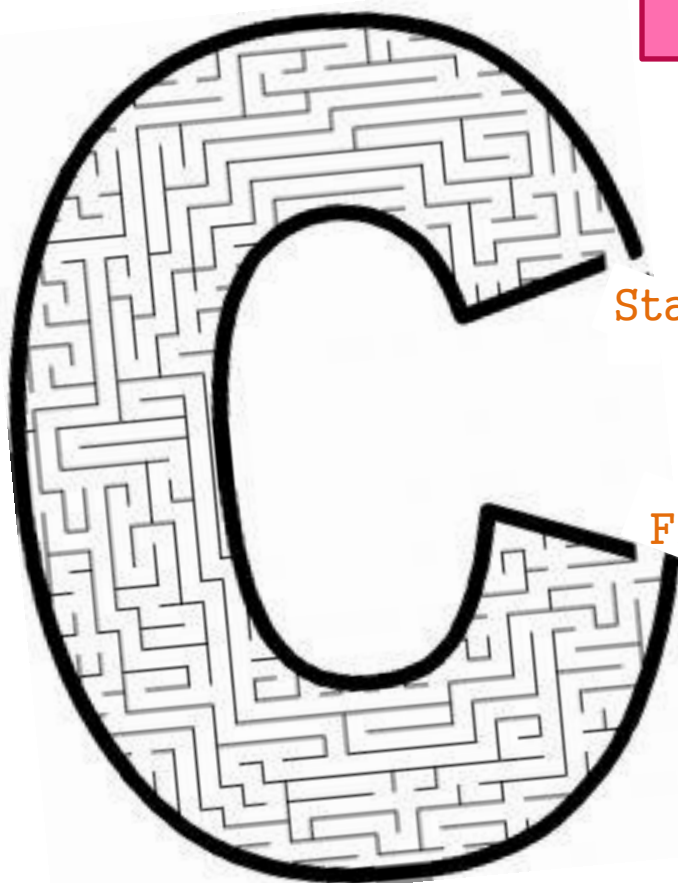
They grow in white, yellow, red and purple!

Carrots are a vegetable but are a ROOT also.

They are closely related to a specialty veggie called parsnips.

Nutrition Information

Carrots are good for your heart  and your vision.



Start

Finish

