



New York Harvest of the Month

Carrots

**Farm Fresh
Grown by a local farmer**

Popular Foods

- Carrots & Dip
- Carrot Cake
- Salads
- Coleslaw
- Stir Fry
- Soup

Nutrition Content

- Vitamin A for healthy skin and eyes
- Vitamin C for healthy immune system
- Potassium for normal functioning of all cells
- Dietary Fiber for better digestion
- Low calorie and fat free

Fun Facts

- There are orange, purple, red, yellow, and white varieties of carrots
- Carrots have a higher natural sugar content than most other vegetables
- Americans eat an average of 10.6 lbs of carrots per person per year
- NY, especially the Finger Lakes, grows for both fresh market and processing

