Fun FACTS



Carrots are part of the Apiaceae family, along with plants like celery, parsley, cilantro, dill, fennel, and parsnip!





Carrots are not only orange, they can also be yellow, white, or purple!



Carrots are a great source of Vitamins A, C, K, and B!





Carrots have tons of health benefits; they help lower cholesterol and risk of heart disease, prevent certain cancers, and help improve skin and digestion!

Baby carrots were created as a way to reduce waste. Rather than throw away blemished carrots, they are cut and peeled to make them look flawless!



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Fun FACTS

Carrots are believed to have originated in the Middle East in mondern day Afghanistan and Iran. Humans have been cultivating carrots for thousands of years!

California produces over 80% of america's carrots each year.



Carrots are 88% water, making them a hydrating and low calorie food!





The orange color of carrots comes from beta-carotene, which is an indicator of Vitamin A!



There are several types of carrots, like Imperator, CHantenay, Miniature, Nantes, and Danvers, each with their own unique traits.



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World's BIGGEST



Heaviest: The world's heaviest carrot was grown in 2017 by Christopher Qualley in Minnesota, this monster weighed **22.44 pounds!**





Longest: The longest carrot on record was grown in 2016 in the United Kingdom by Joe Atherton, it was **20 feet 5.86 inches** long! Joe was also the previous record holder with a corrot that was 19 feet 1.96 inches long.



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Need To KNOW



Like many veggies, carrots are planted in early spring, but they can also be planted in late summer for a fall harvest. It's also important to thin carrot seedlings to prevent over crowsing and allow proper growth!

Growing



Carrots grow best in cool, loose soil and full sun. They also benefit from being planted near other vegetables like onions, garlic, or leeks. Most carrots take about 90 days to grow to maturity.







Cooking



Carrots can be eaten raw, roasted, cooked, pickled or juiced. They can be added to all kinds of dishes like soups, stews, stir fry, salads, or baked goods like cake or muffins!

Eating carrots raw is great, but cooking them actually releases more of their nutrients



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