

Market  
Basket  
*of the month*

# Carrots

## Educator Guide Highlights

### What is in it for you?

One cup of chopped carrots are:

- ◆ An excellent source of Vitamin A – with more than 400% of the recommended Daily Value of beta carotene, a form of Vitamin A when absorbed by the body. This form of Vitamin A is important for eyesight, skin and normal growth. It may also help reduce chronic diseases such as cancer and heart disease.
- ◆ A good source of fiber, Vitamin C and potassium, which help play important roles in metabolism and many body functions.
- ◆ A source of Vitamin B6, folate and several essential minerals including calcium, magnesium and manganese.

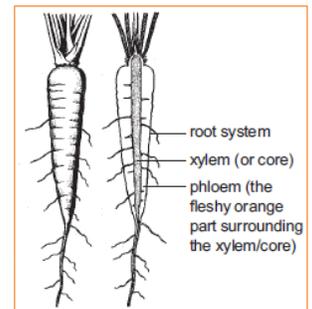


### The Roots of Carrot History

- ◆ Carrots are believed to have originated in the Near East and central Asia, near Afghanistan.
- ◆ Carrots, or “skirrets,” were originally purple, white and yellow. The orange carrot was developed in Holland as a tribute to William I of Orange during the Dutch fight for independence from Spain in the 16th century.
- ◆ Europeans started using carrots as a food item sometime around the Middle Ages, eventually becoming a dietary staple in the 13th century.

### Carrot Facts

- ◆ The edible part of a carrot is known as a “taproot.” This plant is cultivated for its enlarged edible root. The wild carrot is actually a familiar wildflower known as “Queen Anne’s lace.”
- ◆ Baby-cut carrots are made from full-grown, small diameter carrots by peeling and cutting them to the desired length. They are planted closer together so the roots stay slim and there is less waste when the carrots are cut to their small size. True baby carrots are removed from the ground early and actually look like miniature carrots.
- ◆ The ideal temperature range for growing carrots is 60 to 70 F. For this reason, carrots are grown year-round in California.



Source: <http://etc.usf.edu/cloart>

### Did You Know?

- ◆ The longest carrot ever recorded was 17 feet long.
- ◆ Bugs Bunny eats carrots – but wild rabbits do not!
- ◆ Carrots were among the first vegetables to be canned.



**Note:** The *Market Basket of the Month* Promotions Kit contains additional information, including: the full Educator’s Guide with additional botanical and historical facts; “Reasons to Eat” mini-poster; an enlarged botanical diagram; and, trivia questions. Ask your school principal or school district food service director for the location of your school’s kit; or email Joe Anne Ward-Cottrell ([mwardcottrell@wellspan.org](mailto:mwardcottrell@wellspan.org)) for more information.

