



Carrots



What is in it for you?

- One carrot provides more than twice the daily amount of vitamin A which helps with “night vision”
- Carrots contain carotenoids, chemicals that seem to protect eyes from damage during aging

Produce Tips

- Look for smooth, firm, and well-shaped carrots with an even color
- Avoid carrots that are crackled, shriveled, soft, or wilted

Serving Ideas

- Pack carrot sticks and light dressing for lunch
- Add diced or shredded carrots to:
 - Bread and muffin recipes
 - Coleslaw
 - Pasta salads
 - Soups and stews
 - Spaghetti sauces
 - Rice and couscous
 - Tuna salad



Fun Facts

- Carrots originated in Afghanistan and were purple, red, white and yellow, but never orange
- The average person will eat 10,866 carrots in their lifetime
- Carrots were the first vegetable to be canned commercially

Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health.

For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

