

Carrots

- + Select deep orange colored carrots that are firm with smooth skin and fresh green tops (if still attached). The deeper the color the higher the beta-carotene content.
- + Avoid carrots that are limp, cracked, soft, sprouted, odd-shaped, or very dark at the top end.
- + Store unwashed carrots with tops removed in a plastic bag in the refrigerator for up to two weeks.
- + The green tops are edible and can be used in soups and stews. Store separately; they only keep for a few days.
- + Wash just before use. Scrub thoroughly with cool tap water and a vegetable brush to remove surface residue. Scrape or peel if desired, and rinse again.

What are Baby Carrots?

Baby carrots are really a full grown small carrot variety usually served in up-scale restaurants. Most “baby carrots” sold in supermarkets are actually “baby-cut carrots” which are regular carrots that have been cut and shaped to look like small carrots.



Nutrition Information	One large carrot, raw (7-1/4" to 8-1/2" long) 72g
Calories	30
Protein	<1 g
Fat	0 g
Carbohydrates	7 g
Fiber	2 g
Potassium	230 mg
Sodium	50 mg
Vitamin A	601 RAE
Vitamin C	4 mg

Source: [USDA Nutrient Database](#)

Key: g=grams; mg=milligrams; RAE=Retinol Activity Equivalents

Do You Know?

Carrots belong in the Apiaceae family along with parsley, dill, fennel, cumin, and celery.

Cultivation of carrots began more than 2,000 years ago in the Mediterranean region.

The most common types of carrots grown in the United States are:

<i>Chantenay</i>	<i>Danvers</i>	<i>Imperator</i>
<i>Nantes</i>	<i>Purple</i>	<i>Red</i>
<i>Round</i>	<i>White</i>	<i>Yellow</i>



Want to learn more about carrots? [Click here.](#)