

Produce of the Month



Carrots



Nutritional Information

- Great source of vitamins A and C, fiber and anti-oxidants
- Vitamin A is important for healthy eyes, skin, growth and helps against infections
- Nutrients in carrots can protect against a variety of cancers

Fun Facts

- Carrots are one of the most widely eaten foods on the planet
- They are one of the earliest vegetables grown by man
- Carrots are usually orange but can be found in white, red or yellow
- The first carrots were from Asia and were purple
- Orange carrots were developed in Holland in the 16th century to honor William I of Orange

Selecting, Storing, Preparing

- Carrots are available year round
- Select carrots that are well shaped, firm and bright orange
- Avoid carrots that are cracked, shriveled or wilted
- Carrots can be stored in the vegetable crisper drawer of the refrigerator for 1-2 weeks
- To prepare carrots wash thoroughly, trim both ends and peel the outer layer
- Unlike other vegetables, cooking carrots actually brings out more of their beneficial health effects

Recipes/Ideas



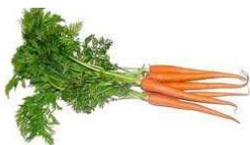
Carrots are a great portable snack that can be brought anywhere

They can be eaten raw, steamed, boiled, blended or baked with a variety of meals

Carrots can be added to any type of dish, from soups and stews to cakes and juices



For more ideas: www.nutrition-and-you.com,
www.fruitsandveggiesmorematter.org,



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