



Carrot Facts

- Carrots are the second most popular vegetable in the world after potatoes
- Carrots were first grown as a medicine, not for food!
- Carrots were first cultivated in the area now known as Afghanistan over 2000 years ago!
- The first carrots were purple and yellow
- Orange carrots were not developed until the 1500s in the Netherlands
- Carrots can be white, yellow, orange, red, purple or black!
- The root hairs on carrots can extend 2.13 – 2.44 metres (7 – 8 feet) into the soil in search of water and nutrients; beet root hairs travel even deeper
- Carrots are biennials, which means that it takes two years for them to produce seeds; in order for carrots to produce seeds in Canada, we have to pull them in the fall, store them all winter in a cold storage, replant in the ground the next spring, and let the leafy green tops send out a flowers which will turn to seeds! That's why most people go to the garden centre to get fresh seed every spring.
- The world's longest carrot ever recorded was 5.839 metres and was grown in the United Kingdom
- The world's heaviest carrot weighed 8.44 kg (18.6 lbs) and was grown in the United States
- The average American eats 6.17 kg (13.6 pounds) of carrots in a year
- If babies have a diet high in pureed carrots (baby food) they often develop orange skin from the carotene, which disappears when they decrease their carrot intake!

Carrot Nutritional Facts

Carrot, raw	
Nutritional value per 100 g (3.5 oz)	
Carbohydrates	9 g
- Sugars	5 g
- Dietary fibre	3 g
Fat	0.2 g
Protein	1 g
Vitamin A equiv. 835 µg	93%
- beta-carotene 8285 µg	77%
Thiamine (Vit. B1) 0.04 mg	3%
Riboflavin (Vit. B2) 0.05 mg	3%
Niacin (Vit. B3) 1.2 mg	8%
Vitamin B6 0.1 mg	8%
Vitamin C 7 mg	12%
Calcium 33 mg	3%
Iron 0.66 mg	5%
Magnesium 18 mg	5%
Phosphorus 35 mg	5%
Potassium 240 mg	5%
Sodium 2.4 mg	0%
Percentages are relative to U.S.A. recommendations for adults.	

In My Vegetable Garden

In my vegetable garden I can see
 Two little carrots smiling at me.
 I pulled on the carrots as hard as I could,
 Pop, out came the carrots
 Mmmm, were they good!



three carrots give you enough energy to walk 4.8 kilometres



there is as much calcium in 9 carrots as there is in a glass (250ml) of whole milk



no other vegetable or fruit contains as much carotene as carrots, which the body converts to vitamin A



Vitamin A affects the formation and maintenance of skin, mucous membranes, bones, and teeth and vision. Dietary Vitamin A, in the form of beta carotene, is an antioxidant, which may help reduce the risk of developing certain cancers.



Carrots are good for you any way you serve them - cooked, micro-waved or raw

What to look for when purchasing carrots: If buying carrots with green tops, look for bright green lively leaves with a firm root that is free of cracks. Look for packaged carrots that are free of cracks or do not appear dried out; check the best before date on packages of mini carrots for the best looking (not overly wet or dried and whitish) as they have been processed and have a shorter shelf life.

Storing carrots for freshness: Trim off the green leaves as soon as possible. If you don't, the leaves will draw moisture from the carrot. Store carrots in a plastic bag in the refrigerator crisper and they will keep for several days or even weeks depending on how fresh they were when you purchased them, and the variety.