



**FUN
FACTS
ABOUT**



Carrots

- Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups and stews, or shred and bake them into cakes or breads.
- Carrots are grown in Iowa and are in season from June-October.
- Carrots come in orange, yellow, white, red and purple varieties.
- Carrots are the root part of the plant, growing underground.
- Choose carrots which are darker in color because they contain more nutrients.
- Carrots are a good source of fiber.
- Carrots are good for eye health, healthy skin, and help build a strong immune system.

