

Baby Carrots

I would guess that you have had baby carrots before, but do you know how they get their shape? Baby carrots were invented by a farmer who was tired of carrots being wasted because they were ugly or damaged during the

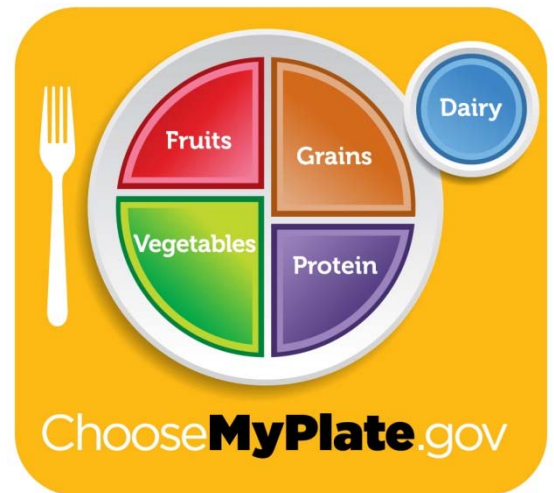


harvesting process. He invented a machine to cut the carrot into two inch pieces. The small pieces are peeled to round out the edges. Scrapes from this process are used in other human or animal foods, keeping food out of the trash. Do not let “ugly” vegetables go to waste,

they taste just the same as perfect ones.

Fun Facts: If you want a really giant carrot, plant a carrot in loose soil 6 inches away from all other carrots or plants. The closer carrots are planted together the thinner and longer they will be.

Body Benefits: Carrots are very high in vitamin A and get their deep orange color from the Carotene. Vitamin K, fiber and natural sugars are high in carrots, making carrots a tasty and healthy snack. Which part of MyPlate contains carrots?



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