

# Harvest of the Month



## CARROTS



### Literature Links

- *Amelia's Road*, by Linda Jacobs Altman and Enrique O. Sanchez
- *Too Many Carrots*, by Katy Hudson
- *Perfect Soup*, by Lisa Moser

### Video Discussion

- Why do we call carrots root vegetables?
- Why are winter carrots so sweet and delicious?
- What are some other kinds of root vegetables that are grown at Willow Creek Farms?

### Local Highlight

Local farms with good draining soil are able to plant carrots in the summer and harvest them in fall and winter.

Check out our video about carrots and Willow Creek Farms:

[hcoe.org/nutrition/hotm](http://hcoe.org/nutrition/hotm)



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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## CARROTS

*Dacus carota*



Spanish: las zanahorias  
Hmong: zaub lauj

### Nutrition Power

Carrots are an excellent source of vitamin A and fiber.



**Vitamin A**  
helps your vision!



**Fiber**  
helps your digestion!

### History

The first carrots were actually purple or white in color and native to Iran and Afghanistan. The orange vegetables we know today were developed after a genetic mutation caused purple carrots, which have a yellow-orange core, to lose their color and turn a solid orange. This orange carrot was bred selectively over the centuries to reduce bitterness, increase sweetness and minimize the woody core.



### Did You Know?

- ❑ Plant part we eat: ROOT
- ❑ You can find carrots in shades of white, yellow and purple in addition to orange.
- ❑ Carrots are one of the best sources of vitamin A which is good for your bones, teeth, vision, and skin.
- ❑ Carrot seeds are tiny! Around 2,000 seeds will fit into one teaspoon!
- ❑ Baby carrots aren't what they seem. They are actually made from large carrots that have been rolled over blades, tumbled, and rubbed down until they are short, round-ended baby carrots.

