



## CARROTS

- Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! Vitamin A helps your vision and is good for your bones, teeth and skin.
- The carrots we refer to as “baby carrots” aren’t what they seem. They are made from large carrots that get cut into small pieces, peeled, tumbled and polished until they are short, round-ended “baby carrots.”
- Carrots originated around 5,000 years ago in Iran and Afghanistan. The first carrots weren’t orange at all - they were white and purple!



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Nutrition Programs & Services



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## SCIENCE: Grow Your Own Carrot Tops

Try sprouting carrot tops in your window—they're super easy and the fern-like, green foliage looks beautiful. Plus, the little green shoots appear in a matter of days!

### Supplies Needed:

Carrots - 1 per student

Shallow dish to place carrot tops - a lid works well

Knife to cut top off

Water

### Directions:

1. Cut off the top inch of a carrot. (You can use the rest for a healthy snack!)
2. Place the top in a shallow dish, and add enough water so the carrot top is halfway covered.
3. Set the dish in a sunny windowsill. In a few days you should see little green sprouts appearing.
4. Check every day, add water as needed, and document the growth.



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