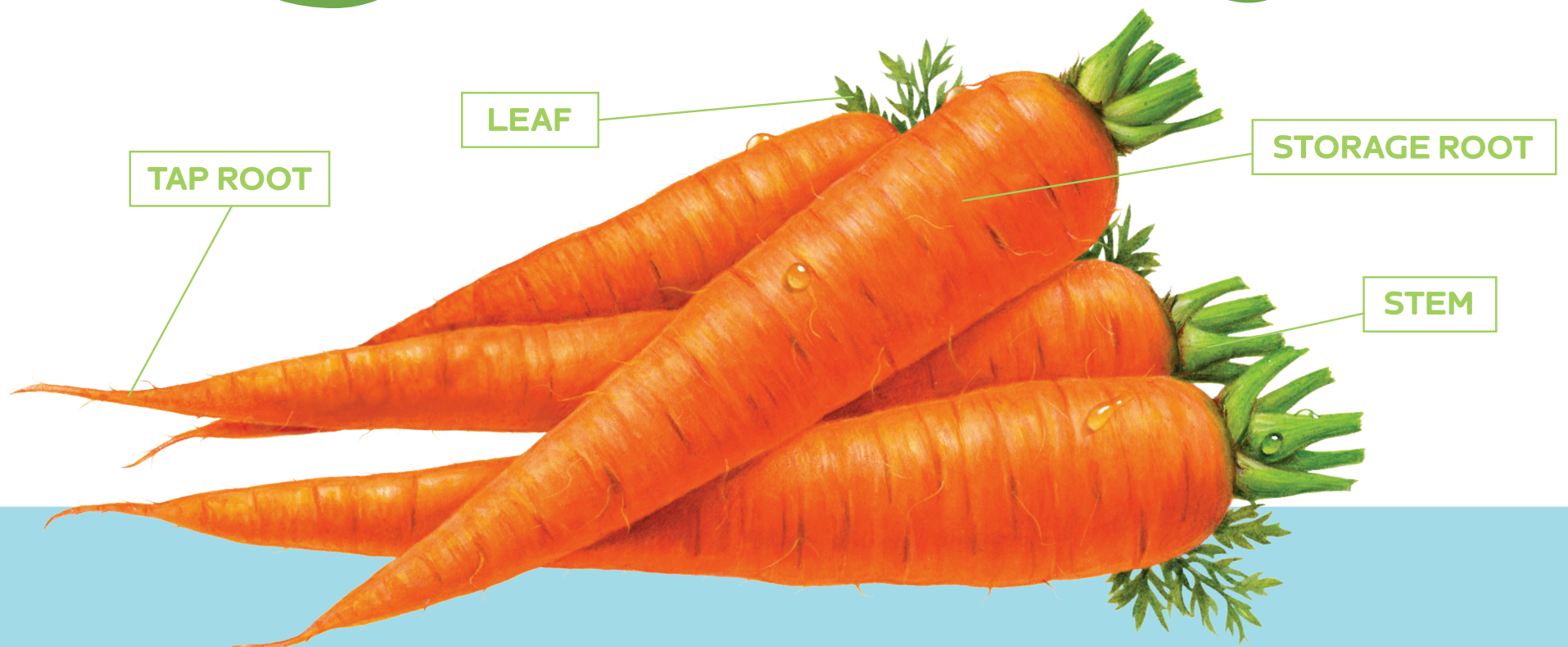


- FARM FRESH - Carrots



CARROTS PROVIDE UNIQUE HEALTH BENEFITS.
THEY ARE FULL OF ESSENTIAL VITAMINS AND A NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

FOOD *for* FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING
CARROTS IN YOUR DIET:

Healthy VISION

Beta carotene found in carrots converts to vitamin A in the retina. Vitamin A helps you see in dim light, so a diet rich in beta carotene helps support healthy eyesight and night vision.

HappyGUT

The fiber found in carrots helps us feel full and keeps things moving in our digestive tract. One cup of cooked carrots contains five grams of fiber, about $\frac{1}{4}$ of a child's recommended daily intake.

Youthful SKIN

Anthocyanins, commonly found in deep red and purple carrots, help support healthy collagen which is known to maintain the youthful appearance of skin.



"Farmers use a lot of math. We estimate yields, nonstop, on every crop we grow. We use computer programs to calculate budgets, make spreadsheets, and determine if a new purchase is economical. You actually do use what you learn in school."

- Don Cameron
Carrot Farmer | Helm, CA

According to the Guinness Book of World Records, the most slices of carrot cut in 30 seconds while blindfolded is 88, and was achieved by sushi chef Hirouyuki Terada from Japan.



Did you know?

Baby carrots are not baby carrots. They are full-sized carrots that have been cut, peeled, and polished into 2-inch pieces. Baby carrots make up approximately 70% of total carrot sales.



Why didn't the carrot go to the party?

He was grounded!

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