



Carrots



Carrots are a root vegetable known for their sweet flavor and crunchy texture. Most commonly orange, carrots come in a variety of other colors, including purple, yellow, red, and white.

Carrots are a cool-season crop grown in temperate climates. They grow best in loose, well-drained loamy soils and require full to partial sunlight and regular watering. California, Washington, and Wisconsin are the top carrot-producing states. Carrots are typically started from seeds and grow in the cooler seasons of fall or spring.

Carrots are ready to harvest about 60-80 days after planting when the tops of the roots are about 1/2-1 inch in diameter. Farmers usually harvest carrots mechanically. Harvesters loosen the soil, pull the carrots from the ground, and remove the tops.

Once harvested, carrots are cleaned, graded, and sorted. They can be stored for several months at temperatures just above freezing with high humidity. Some carrots are trimmed and packaged or processed into products like baby carrots, which are shaped from larger, peeled carrots. After processing and packaging, carrots are transported to distributing centers or grocery stores.

Carrots are rich in vitamins and minerals, including beta-carotene, vitamin K, vitamin C, potassium, calcium, and iron. They are also a good source of antioxidants and dietary fiber. Carrots contribute to eye, heart, and digestive health and reduce the risk of heart disease and cancer.

Carrots can be consumed raw or cooked. They can be boiled, roasted, sautéed, steamed, pureed, juiced, or used in salads, soups, stews, and baked goods.



[https://youtu.be/I9hO8Yn7A64?
si=GIWWZOUgeEIOAhsq](https://youtu.be/I9hO8Yn7A64?si=GIWWZOUgeEIOAhsq)