Carrot

What am I?

Carrots are a vegetable that come in multiple colors: orange, purple, yellow, red and white. Eat them raw or cooked, up to you!

How do I grow?

- Carrots are a root vegetable, so the part you eat grows underground.
- They are a cool season vegetable.
- Wisconsin's carrot season is from July to November.

Nutrition Facts

Carrots are rich in many vitamins and minerals. They are best known for their source of beta-carotene. Our body turns this into vitamin A which supports eye, skin, and bone health and helps you fight infections.

Fun Facts

- Carrots are related to celery, dill, fennel, parsley, and parsnip.
- The wildflower, Queen Anne's Lace, is actually a wild carrot.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent