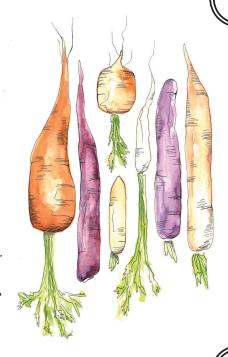


Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple, or black. They are rich in vitamin A and can provide over 100% of the recommended daily value in just one serving! Enjoy them raw, steamed, value in just one serving!

CarrotharvestoftheMonth.org





Carrots

VermontHarvestoftheMonth.org

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple, or black. They are rich in vitamin A and can provide over 100% of the recommended daily value in just one serving! Enjoy them raw, steamed, baked, boiled, or cooked in soups or stews.

