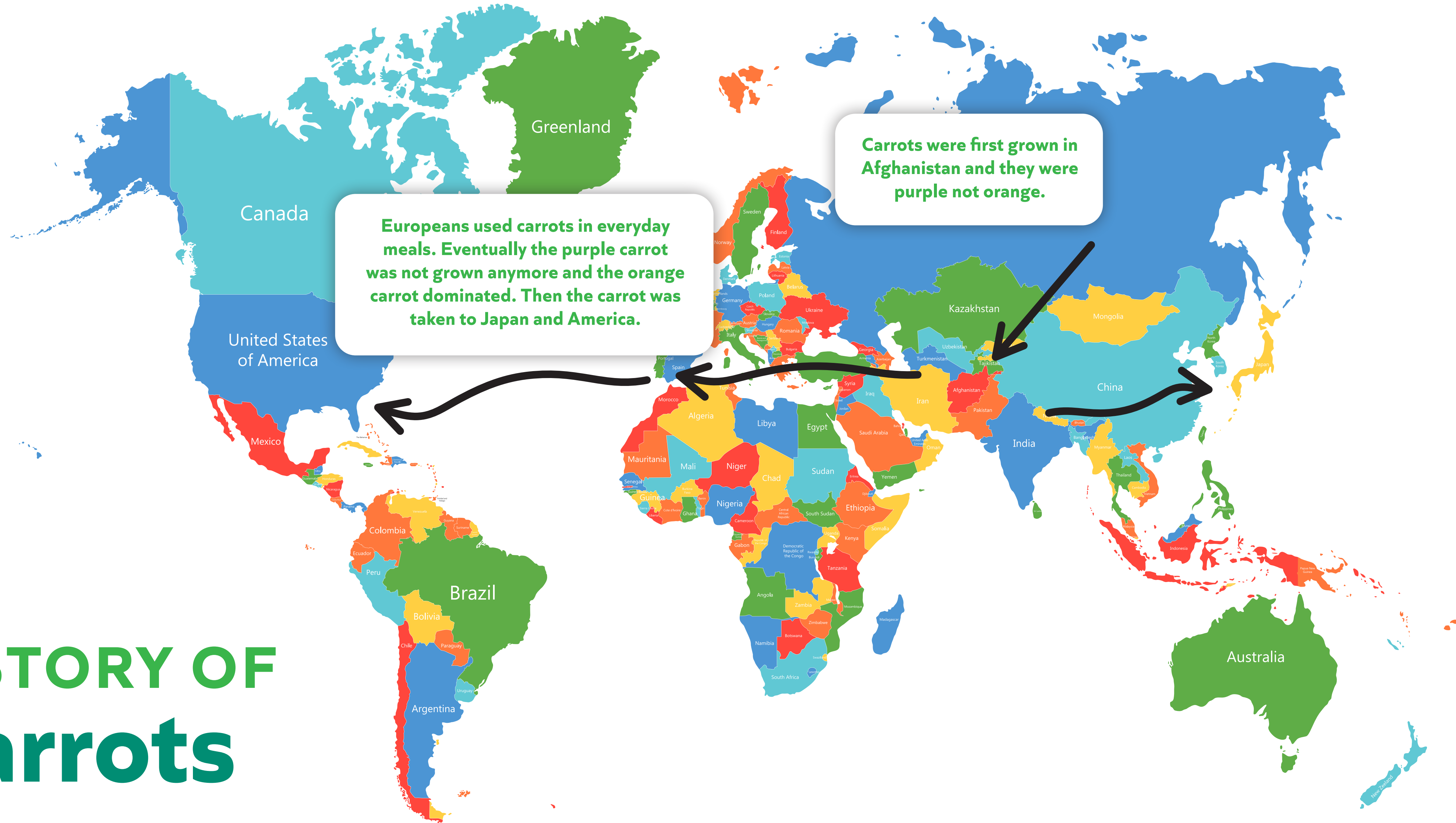


HARVEST OF THE MONTH:

Carrots



HISTORY OF Carrots



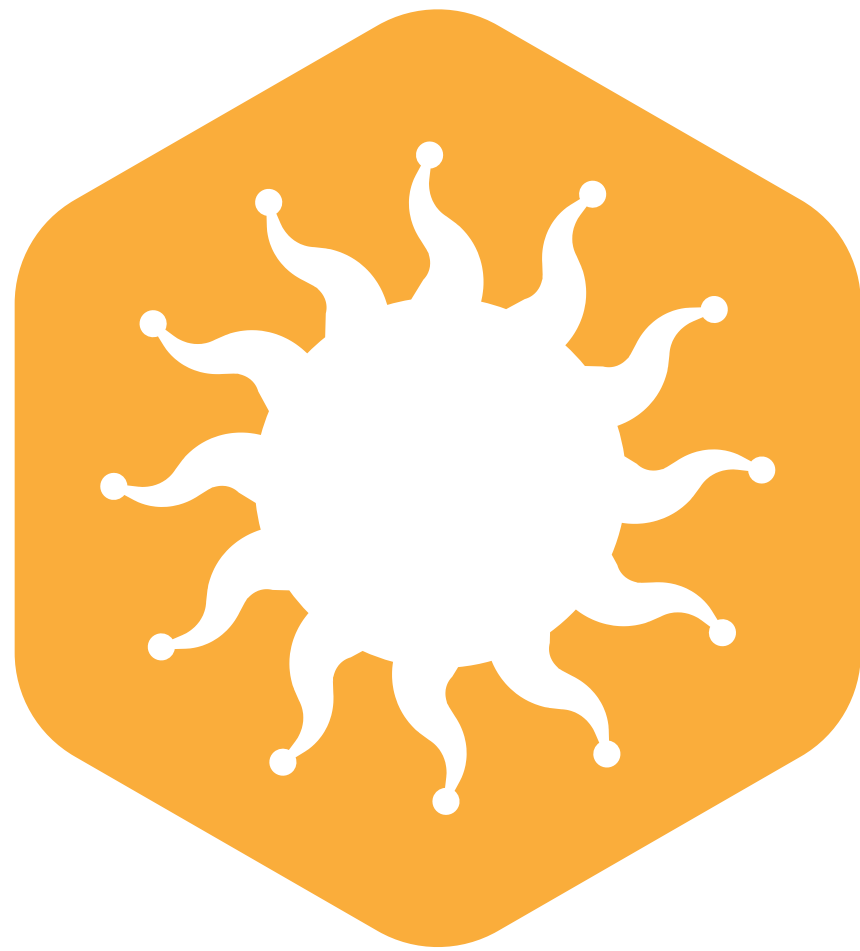


**Carrots grow in the ground.
We eat the taproot of the
carrot plant.**



HOW DO CARROTS GROW?

WHAT SEASON DO WE PICK CARROTS?



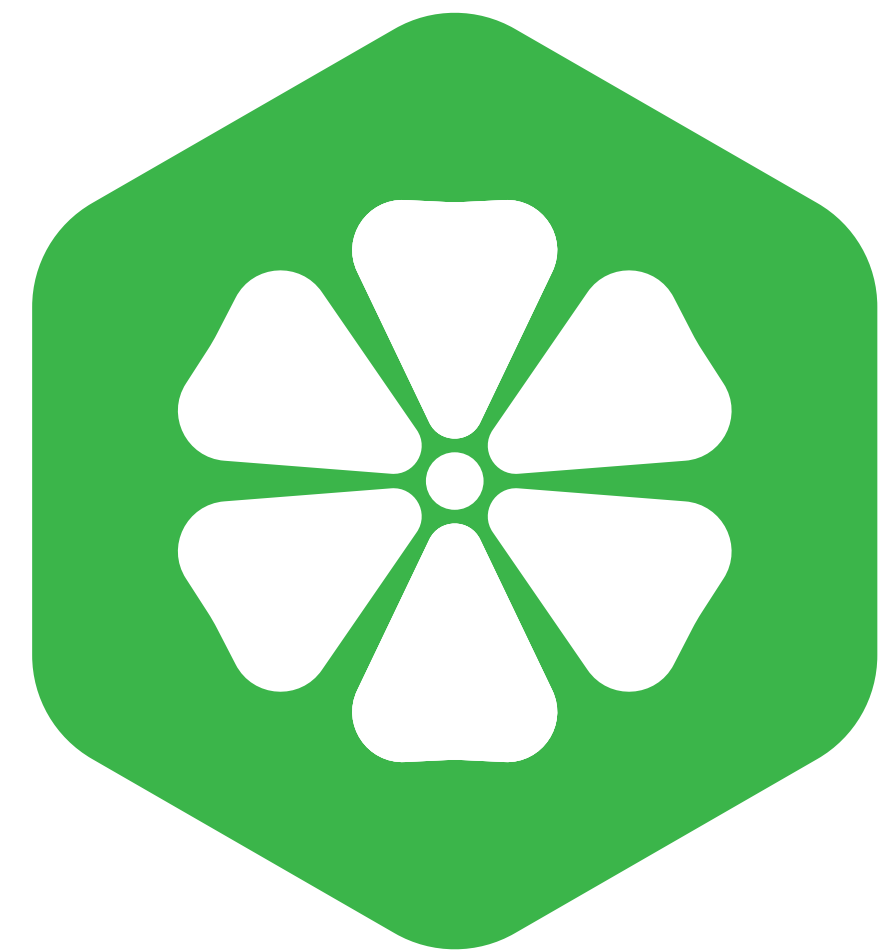
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT CARROTS?

B Vitamins



Healthy muscles



Healthy eyes



**Healthy heart
and blood**



HOW DO YOU PICK GOOD CARROTS?

- Carrots should be bright orange when you get them at the store.
- They should not be cracked too much.
- Store carrots in the refrigerator.
- Carrots can be served raw or cooked, however, cooked carrots allow the body to absorb more nutrients from the carrot.

FUN FACT: Baby carrots you buy at the store are just big carrots that are cut smaller.





LET'S TRY SOME
Carrots!

