

OREGON CARROTS

In ancient Greek and Roman cultures, carrots were used as a cure for everything from sores to tumors to snake bites!



Carrots are related to dill, parsley, celery, and fennel.

During the 1500s, carrot flowers and leaves were fashionable — ladies put them in their hair and used them to adorn their clothing.

NUTRIENTS FOUND IN CARROTS

- ~ Carrots are rich in beta carotene. Beta carotene is important for healthy skin and eyesight.
- ~ Carrots are a good source of vitamin C!
- ~ Carrots are also a good source of potassium.



It is believed that carrots originated in Afghanistan and gradually moved west over time. Today, they are very well adapted to Oregon!



While most carrots are orange, they can also be white, yellow, pink, black, or purple!



Carrots are eaten across the entire world — almost every type of cuisine relies on carrots as a common ingredient!

