



Carrots to go

The most audible crunch in the lunchroom belongs to the well-loved and tasty and fresh vegetable snack – the carrot. Carrots are nutritional heroes, storing a goldmine of nutrients. No other vegetable or fruit contains as much beta-carotene as carrots, which the body converts to vitamin A. They are also high in dietary fibre as well as vitamin C.

Carrots are a “tap root”, a type of root which grows downwards into the soil and swells as it stores nutrients. Nothing tastes as sweet and tender as a carrot freshly pulled from the ground. Carrots taste sweet because they are designed to be biennials (living for two years), making and storing sugars during their first year and using these during the second year to support reproduction. However, carrots are harvested during the first season, reaping both sweetness and nutrients.

Traditionally machine harvested, they are found without tops in bulk packages. Also available in many grocery stores or road-side stands are the younger hand-harvested carrots, available in bunches with their fluffy green tops still intact. They are also found canned or frozen.

Popular as a raw snack, in salads or with dip, carrots are also juiced as a nutritious drink, grated to put in baking such as carrot cake or muffins, cooked for a dinner side-vegetable, or found within stews and casseroles.

Within BC, eight million kilograms of carrots are commercially grown in the Okanagan Valley, Lower Mainland and on Vancouver Island.

| NUTRITIONAL FACTS | |
|---------------------------|------------------------|
| Serving Size: | 1 medium carrot (78 g) |
| Calories | 35 |
| Total Fat | 0g |
| Saturated Fat | 0g |
| Cholesterol | 0g |
| Sodium | 40mg |
| Total Carbohydrate | 8g |
| Dietary Fibre | 2g |
| Sugars | 5g |
| Protein | 1g |