

SPOTLIGHT ON PRODUCE

WHAT AM I?

Rainbow carrots are a mix of colorful carrot varieties. Typical colors are yellow, white, purple, black, and red.

HOW DO I GROW?

Carrots are a root vegetable, so the part you eat grows underground.

NUTRITIONAL FACTS

Carrots are a great source of beta-carotene. Our body turns this into vitamin A which supports eye, skin, and bone health and helps you fight infections.

FUN FACT

Each color carrot tastes different. Some colors have a sweet and spicy taste to them, while others are sweeter than orange carrots.

RAINBOW CARROTS

