

Farm to School

CARROTS

Nutrition

Carrots are a great source of beta-carotene (vitamin A), potassium, and dietary fiber.

Fun Fact

It is possible, though very unlikely, for a person to eat too many carrots, and for their skin to take on an orange-ish tint!



Growing and Harvest



- Carrots are a root vegetable that grow underground, like potatoes and beets.
- It is important to pull weeds out of the soil around the carrots, because they will take nutrients away from the carrots and may stunt their growth.
- When ready for harvest, the carrots are gently pulled out of the soil by the green tops.

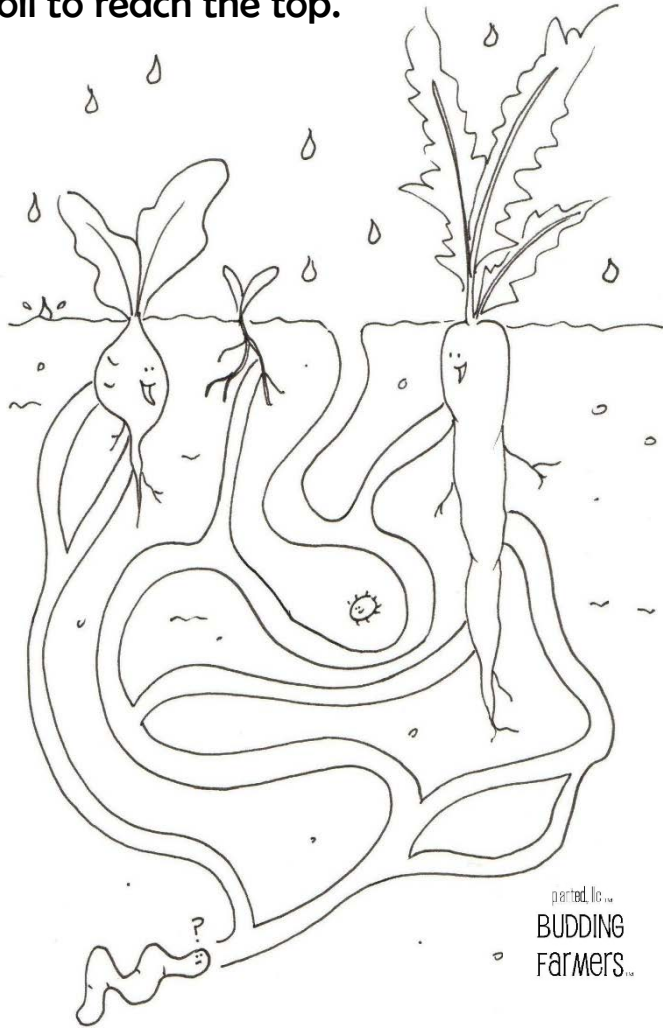
Your carrots today were grown by:

**Van Dessel Farms
in Accomack County, VA**



Activity

Help the worm wiggle it's way through the soil to reach the top.



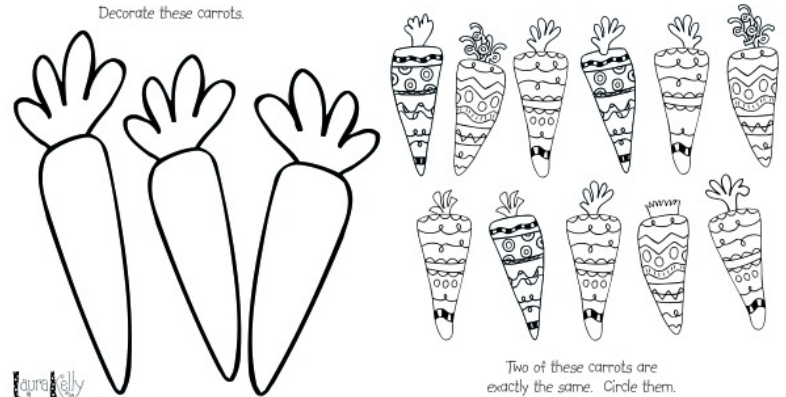
All Things Carrots

Find The Words

U S N D S G D E A O O X E F N
 O A O W B N V J G P Z J U H Z
 H L E H E Q E Z Y N H F S N Q
 I E C D I N G Z M M A M A H N
 T Z R H Y D E S E S T R E Q G
 C A E B B O T E T X G A O C P
 G P S I R C A B Y O L O P H D
 T O R R A C B K U T O J L S N
 G R O W T H L H H N O R A N B
 E R S A F Z E Y B X N O N A Q
 J F E Q O O X Q K R A Y T H M
 N L V L J E P U V G E V U U R
 H R A F I U C Q L U N H R M N
 M X E O Y J D N O K P U Y S I
 R M L B V Y R Q Z G U L H H R

Carrot
 Orange
 Vegetable
 Healthy
 Leaves
 Bunny
 Garden
 Plant
 Sweet
 Crisp
 Roots
 Growth

Decorate these carrots.



agradably
 www.naturalfarmdesigns.com

Two of these carrots are exactly the same. Circle them.