

Farm to School

CARROTS

History

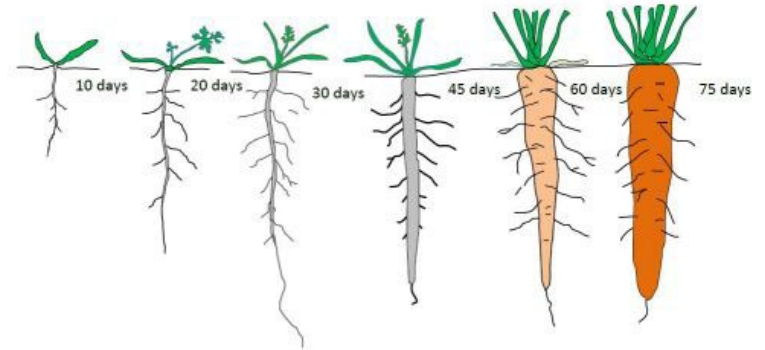
Dutch farmers cultivated orange carrots in the 17th century. It is said that orange carrots were cultivated to honor the Dutch flag and William of Orange—who led the Dutch independence.

Nutrition

Orange carrots are a good source of vitamin A and vitamin C. Our body changes beta-carotene in carrots into vitamin A, which maintains the health of your eyes.



Activity!



Typical development of the carrot tap root over time. Days to development will vary with environmental conditions, cultivar, and other cultivation practices.

Your carrots today were grown by:

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

