



FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

CARROTS



A carrot is the root of a plant.



Carrots can be orange, purple, red, white, or yellow.



Farmed carrots are 88% water.



Orange carrots have lots of beta carotene. Our body turns that into Vitamin



Carrots are one of the sugariest vegetables in the world. Second only to beet.



Carrot seeds are very small. A teaspoon can hold 2,000 seeds.



85% of the Country's carrots are grown in Arizona.



Rousseau Family Farms in Arizona grows lots of carrots!



Depending on the variety, a carrot will grow in 90-120 days.



In Arizona, farmers can plant carrots August – April.

