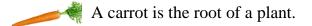


FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

CARROTS



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



Farmed carrots are 88% water.

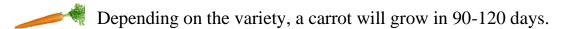
Orange carrots have lots of beta carotene. Our body turns that into Vitamin

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!



In Arizona, farmers can plant carrots August – April.



