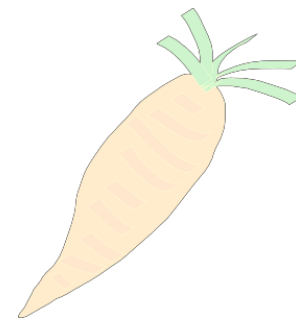


**The BIG
CRUNCH**
**Quick Facts about
carrots**



1. Carrots are the second most popular vegetable in the world after potatoes
2. Carrots were first grown as a medicine, not for food!
3. Carrots were first cultivated in the area now known as Afghanistan over 2000 years ago!
4. The first carrots were purple and yellow
5. Orange carrots were not developed until the 1500s in the Netherlands
6. Carrots can be white, yellow, orange, red, purple or black!
7. The root hairs on carrots can extend 2.13 – 2.44 metres (7 – 8 feet) into the soil in search of water and nutrients; beet root hairs travel even deeper
8. Carrots are biennials, which means that it takes two years for them to produce seeds; in order for carrots to produce seeds in Canada, we have to pull them in the fall, store them all winter in a cold storage, replant in the ground the next spring, and let the leafy green tops send out a flowers which will turn to seeds! That's why most people go to the garden centre to get fresh seed every spring.
9. The world's longest carrot ever recorded was 5.839 metres and was grown in the United Kingdom.
10. The world's heaviest carrot weighed 8.44 kg (18.6 lbs) and was grown in the United States
11. The average American eats 6.17 kg (13.6 pounds) of carrots in a year
12. If babies have a diet high in pureed carrots (baby food) they often develop orange skin from the carotene, which disappears when they decrease their carrot intake!
13. No other vegetable or fruit contains as much carotene as carrots, which the body converts to vitamin A.
14. Beta-carotene is what gives carrots their orange colour.
15. Carrots are good for you any way you serve them – cooked, micro-waved or raw.
16. They were first grown for medicine, not food.