Carrot

October 2021

*Daucus carota subsp. sativus*

**Plant:** Root vegetable in the Apiaceae family

**Part We Eat:** Root

**Growing Conditions:** Needs loose soil, full sun, and consistent moisture; grows in the cooler periods of the growing season (spring and fall)

**Seed to Harvest Time:** 70-80 days

**Originated From:** Afghanistan and Iran

**Important Nutrients:** Vitamin A, Vitamin K, beta-carotene

**Benefits:** Beta-carotene and Vitamin A help protect your eyes and keeps them healthy; Vitamin K strengthens your bones

**Fun Fact:** The baby carrots you can buy at the grocery store are actually larger carrots that have been machine-cut. They were invented by a California farmer in the late 1980s to reduce waste of imperfect-looking carrots.