



Easy to pack and perfect for that favorite dip, the crunchy texture and sweet taste of **carrots** make them popular among both adults and children. Locally grown Idaho **carrots** are in season from August through November

**Carrots** are an excellent source of antioxidant compounds, and the richest vegetable source of the Vitamin A. **Carrots'** antioxidant compounds help protect against cardiovascular disease and cancer and vitamin A promotes good vision, especially night vision.

When buying **carrots**, look for a bright orange-gold color and medium size. Smaller-sized **carrots** are usually sweeter and more tender. If the tops are attached, the leaves should be bright green and fresh looking. To remove **carrot** tops, twist or cut off the leaves before storing. Otherwise, the greens will soon wilt and decay and moisture will be drawn from the roots, turning the **carrot** limp and rubbery.



**Carrots** are great fresh as a snack or to add color and crunch to your salad. When cold weather arrives, try adding **carrots** to your favorite soup, stew or casserole to add color, fiber and nutrition!

