



CARROTS

Eat More Arizona Grown Carrots

Nutrients Found in Carrots

- Vitamin A** Helps your eyes and skin stay healthy
- Vitamin C** Helps your teeth and gums stay healthy
- Fiber** Helps keep your heart healthy and improves digestion



HEALTHY HARVEST FOR ARIZONA SCHOOLS

Make half your plate vegetables and fruits.



Most recently, carrots were harvested from 3,522 acres. That is nearly 113 million pounds of carrots!



Choose well-shaped, smooth, firm, crisp carrots with deep coloring and fresh green tops.



Arizona Grown vegetables and fruits taste best and cost less when purchased in season.