



CARROTS

Eat More Arizona Grown Carrots

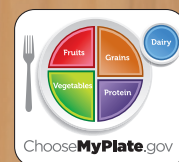
Nutrients Found in Carrots

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| 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 |



HARVEST OF THE SEASON

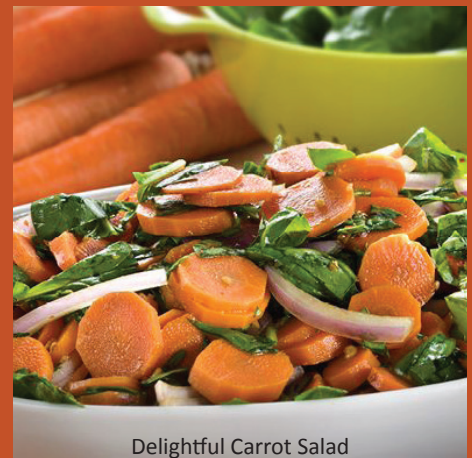
Make half your plate vegetables and fruits.



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.



Delightful Carrot Salad

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