

Rainbow Carrots

Did you know?

- Carrots can come in many colors, such as purple, golden yellow, white, and orange!
- The different color pigments indicate different nutrients, which is why it's important to eat a variety of colors of fruits and vegetables each day.
- Rainbow carrots are a mix of colorful carrot varieties picked at their immature stages for young harvest.
- Purple carrots are typically sweeter than orange carrots and may have a slight peppery taste.



Sources

- <http://district.schoolnutritionandfitness.com/hammondsc/files/Carrot-packet.pdf>
- https://www.specialtyproduce.com/produce/Rainbow_Bunch_Carrots_5708.php