



# Carrots

## How do carrots grow?

Carrots are a root vegetable. This means that they grow underground. It takes 70-80 days for a carrot to grow.

Ontario is the #1 producer of carrots in Canada. You can buy Ontario carrots all year round. Carrots in Ontario are mainly grown in the Bradford area north of Toronto. Ontario farmers produced more than 398 million pounds in 2018 – that’s more than the weight of the concrete in the CN Tower!



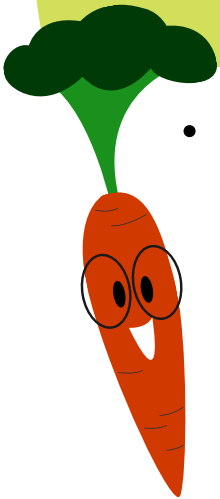
## Where did carrots come from?

The first record we have of carrots is from the 10th century where they were found in Iran and Afghanistan. These early carrots were yellow or purple in colour. Carrots were first eaten in Europe in the 12th century. The orange carrots we eat today originated in the 17th century in the Netherlands. When Europeans settled in North America, they brought this crop to Canada. Orange carrots are still the most popular today. Can you find these countries on a map?

## Joke Corner

- What did the snowman say to the other snowman? Do you smell carrots too?!
- What’s a vegetable’s favourite martial art? Carrotee!
- Where do carrots eat their dinner? At the vege-table!

## Did you know?

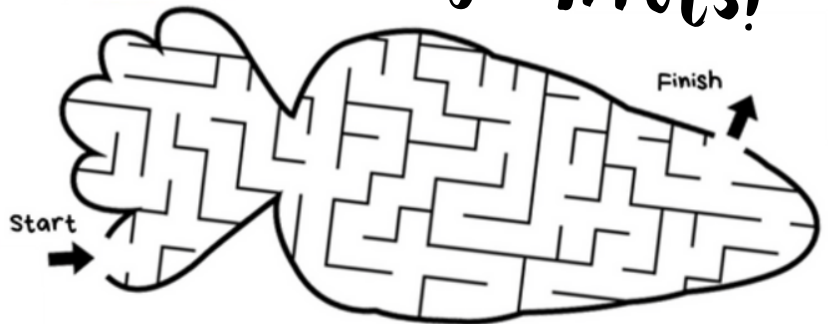


- You may have heard that eating carrots helps you see in the dark. While not getting enough vitamin A (found in carrots) can impact your vision, eating extra carrots won't help you get extra super vision at night. This myth was started in World War 2, when the Royal Air Force said their pilots were doing well at night time air battles because they ate carrots. They were actually doing better because they had developed radar technology!



- Carrots get their orange colour from the antioxidant beta-carotene. Carrots aren't just orange – they come in purple, white, yellow, and red too!
- There are over 500 varieties of carrots!

## A-mazing carrots!



## Let's get cooking Roasted Carrots

### INGREDIENTS:

- 2 pounds carrots washed, peeled, and cut into sticks
- 2 Tbsp. olive or canola oil
- 1 tsp. salt
- ¼ tsp black pepper



### DIRECTIONS:

- Preheat oven to 425F. Prepare a baking sheet by lining it with parchment paper (this makes clean up easy!)
- In a large bowl, toss carrots with oil, salt, and pepper. You can also do this in a resealable bag and dance around the kitchen to mix it up!
- Bake for 20-30 minutes (depending on their size). Carrots are done when they are tender and can be easily pierced with a fork. Enjoy!