



The Vegetable of the Month is the **CARROT!**

Carrots were first cultivated in Afghanistan in the 7th century, and they started with yellow flesh and a purple exterior. It was the Dutch who developed the orange carrot about 1,000 years later.

Carrots are members of the parsley family, and have feathery green leaves. Other members of this family are celery, dill, fennel, and parsnips.

China produces more carrots than any other country.

Wild carrots are known as Queen Anne's Lace, for their pretty white flowers.

Carrots have lots of Vitamin A, which is good for bones, teeth, eyes, and skin. Eating Carrots also helps prevent certain types of cancer.



Look for **CARROTS**
on the lunch line
this month!

