

BABY RAINBOW CARROTS

These carrots are mainly grown in California and are harvested before maturity, making them a “baby” variety! Carrots were first found naturally growing in these colors and later “mutated” to orange, which eventually became the standard color you see today! They are fun as a snack or added to any salad dish!

Each Carrot Color has its own benefits!

- **YELLOW CARROTS** have a pigment also found in Spinach! They also help eyesight!
- **RED CARROTS** carry a pigment full of antioxidants!
- **WHITE CARROTS** contain healthy substances known to fight cancer!
- **PURPLE CARROTS** have pigments rich in Vitamin C & E, which feeds the brain and prevents blood clots!
- **ORANGE CARROTS** are full of Beta Carotene which is good for your skin and vision!



Color me your favorite color!

Find These Words:

CARROT | PURPLE | COLORFUL | RAINBOW
DELICIOUS | RED

