

Which roadside wildflower is wild carrot?



A

White clover



B

Daisy



C

Queen Anne's Lace



D

Dandelion



C. Queen Anne's lace

If you have ever seen a flowering carrot plant, you will quickly be able to spot the resemblance to Queen Anne's lace. Wild carrot, or Queen Anne's lace, was likely introduced to North America by European settlers. The name "Queen Anne's lace" originated because the outer flowers (umbelletes) resemble lace and the red flower in the center is thought to represent a blood droplet, where Queen Anne pricked herself with a needle as she was making the lace. While Queen Anne's lace is edible, it is often too woody to consume.

In addition to orange carrots, can you think of other fruits and vegetables that are high in beta-carotene?





Most vegetables that are **orange** are high in **beta-carotene**!

Some examples include: **sweet potato, squash, pumpkins, peppers, cantaloupe and apricots**. Surprisingly, many **dark green** leafy vegetables like **kale, swiss chard, and spinach** have the highest concentrations of beta-carotene, but the orange pigment is covered by the **green** pigment (**chlorophyll**).



Can you match the color to the
plant compound?

Purple

Lutein

Red

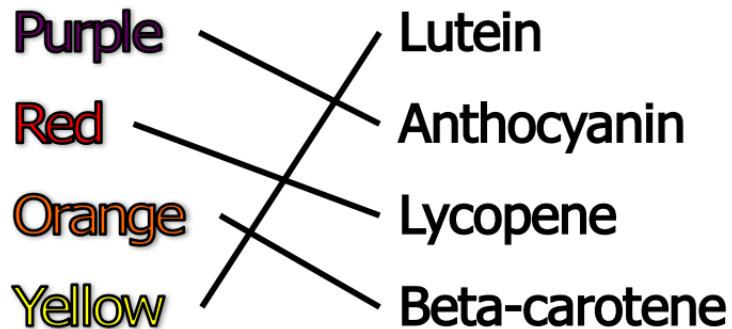
Anthocyanin

Orange

Lycopene

Yellow

Beta-carotene



Lycopene and **anthocyanins** are powerful **antioxidants** that may help protect cells from damage. More research is needed to understand the true benefits of these phytonutrients.

The human body converts **beta-carotene** into Vitamin A, which is important for **growth and development, maintenance of the immune system, and good vision.**

Studies have suggested that **lutein** plays an important role in maintaining **healthy vision** and continued lutein intake **may prevent age-related macular degeneration.**



What flavor are purple carrots?

- A. Grape
- B. Dirt
- C. Same as orange carrots
- D. Bubble gum
- E. Licorice
- F. Plum





C. The same as orange carrots!

Although some carrots may taste better than others, it is not related to the color. If you close your eyes, you can't tell the difference.

Why are carrots orange?

- A. They just are
- B. Human intervention
- C. Bunnies prefer orange food
- D. Aliens made them orange
- E. To ward off predators

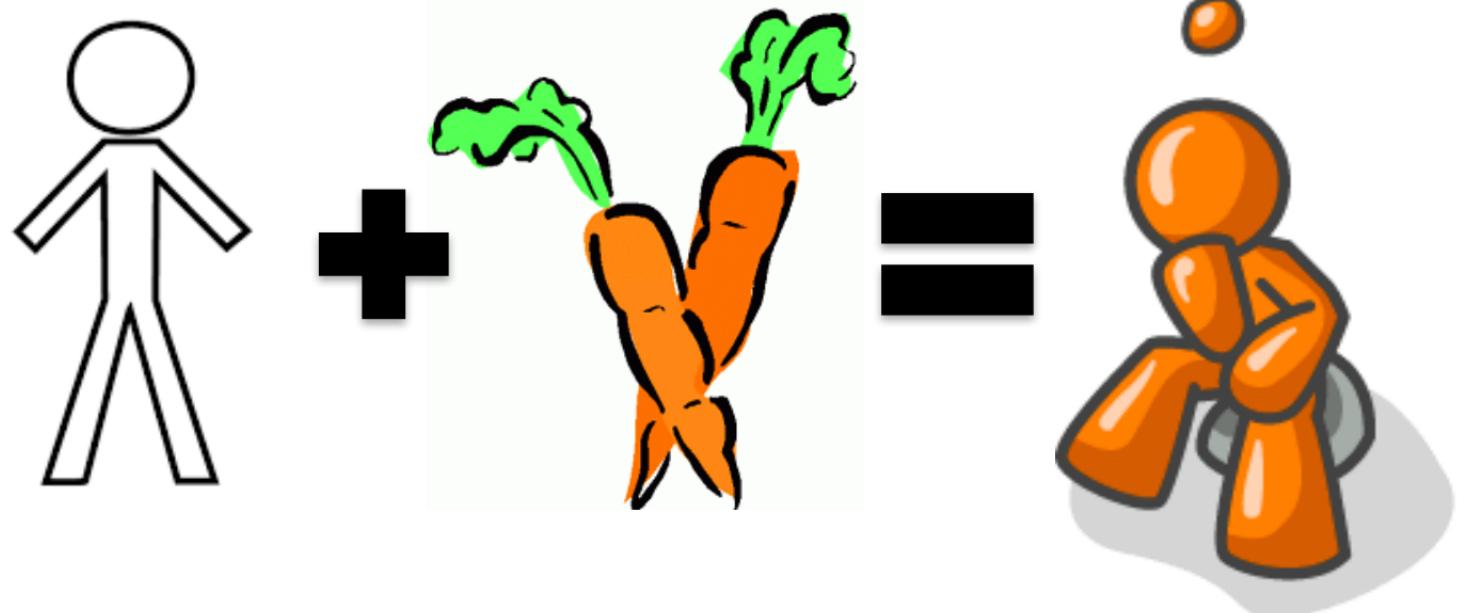




B. Human intervention.

Carrots were originally **purple** and white, but were selected by humans as recently as the 1500s for their characteristic orange color. **Beta-carotene**, the compound that makes carrots **orange**, was even named after carrots!

Can you really turn orange from eating carrots?

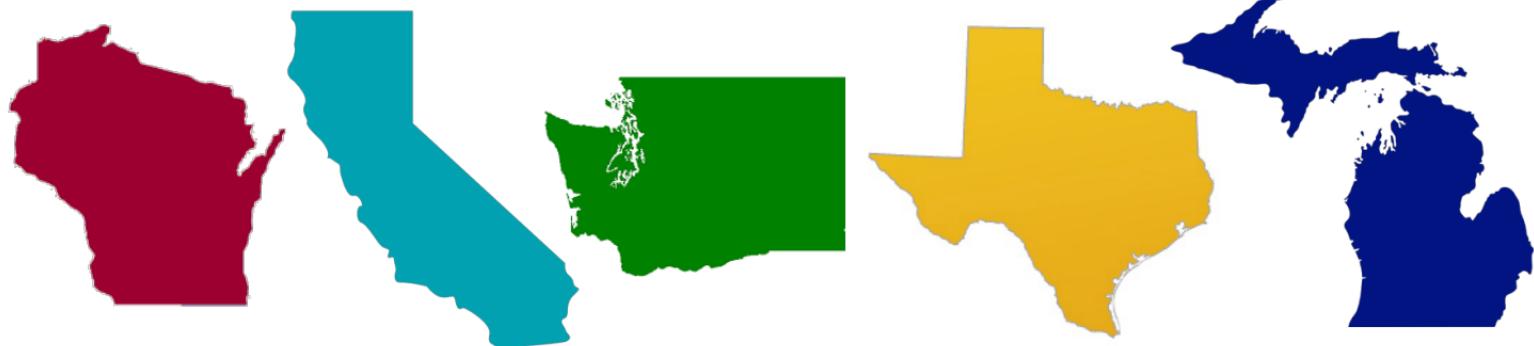


Yes! But it is harmless and you would have to eat about 10 carrots a day for two weeks!

High consumption of **carotenoids**, the compounds that make carrot and many other fruits and vegetables **orange**, can temporarily cause your skin to appear yellow or orange. The medical term is **carotenemia** and it is most common in children.

Have you ever turned orange from eating carrots?

Which state produces the most carrots?



A

Wisconsin

B

California

C

Washington

D

Texas

E

Michigan



B. California produces over 85% of carrots in the United States, followed by Washington, Wisconsin, Michigan, and Texas. This includes carrots for fresh consumption and processing carrots for use in canned products.

What other familiar plants are related to carrot?



A
Cilantro



B
Celery



C
Parsley



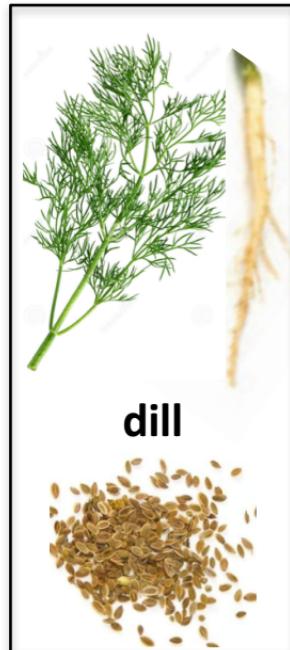
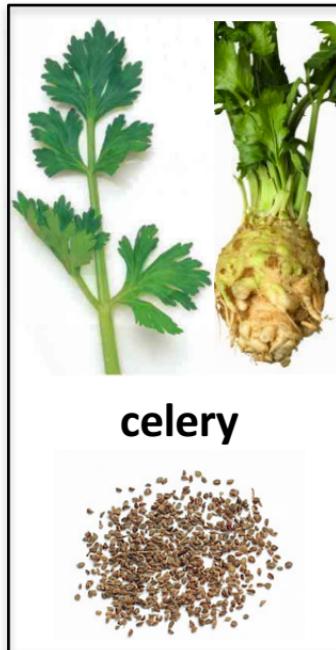
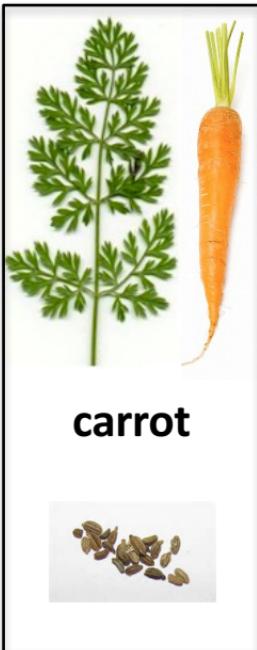
D
Parsnip



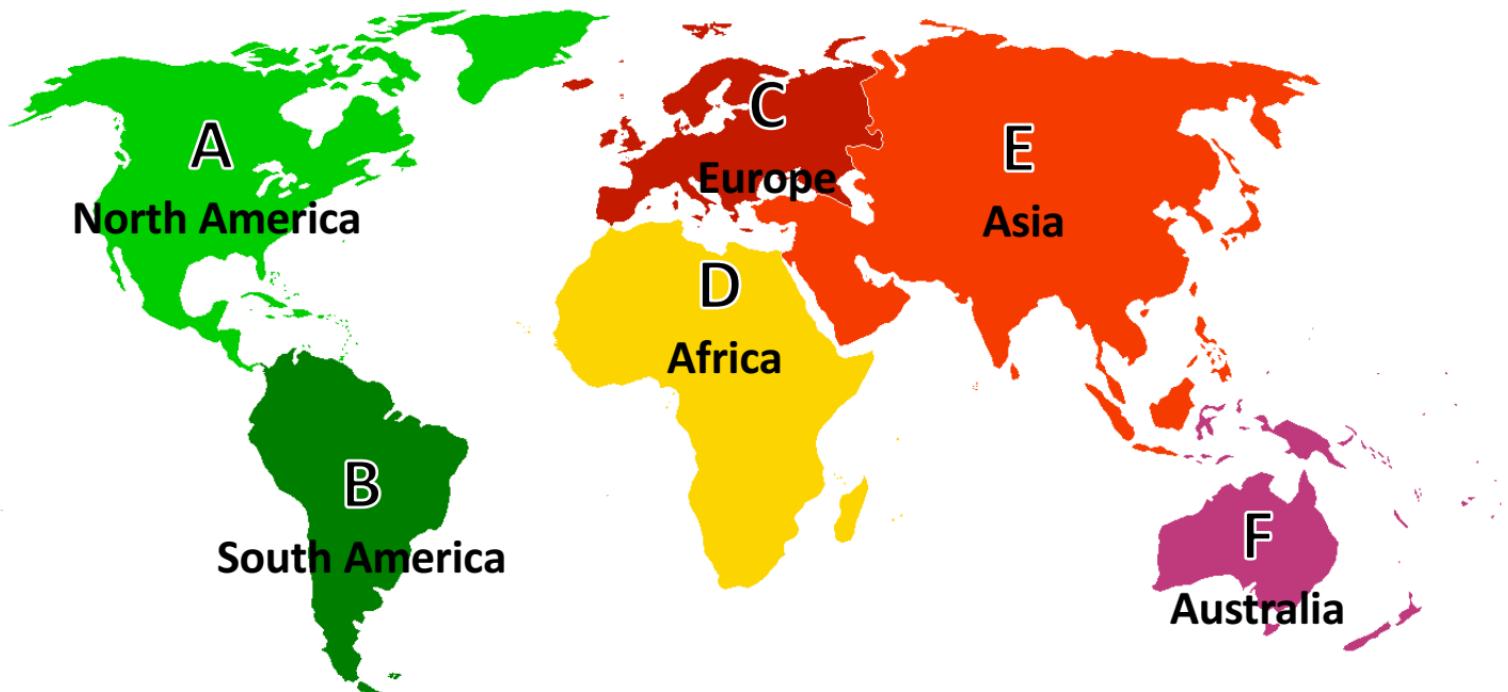
E
Dill

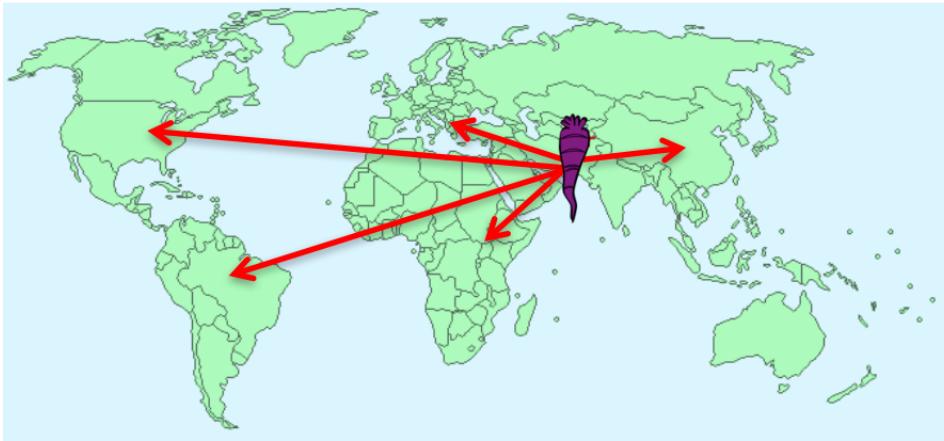
A-E. Cilantro, celery, parsley, parsnip, and dill are all closely related and part of the same plant family, the Apiaceae. Other recognizable members of this family include cumin, fennel, anise, and caraway.

Can you spot the similarities?



Where did carrots originate as a root crop?





E. Asia

The first use of carrots as a root crop occurred in Central Asia, near Afghanistan, in the pre-900s.

From there, carrots spread through the Mediterranean, followed by Western Europe, East Asia, and the Americas.

A bushel of carrots weights 50 lbs (22 kg) and contains around 250 carrots. If this was your only source of Vitamin A, how many days could these carrots meet your Vitamin A requirements?

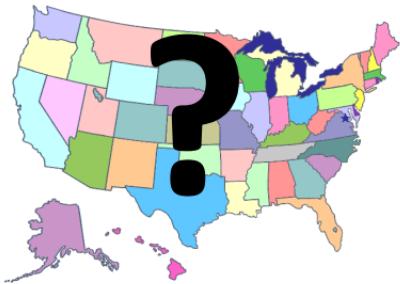


- A. One day
- B. One week
- C. One month
- D. One year

D. One year!

Carrots contain beta-carotene, which is converted to Vitamin A in the body. Just 100 g of carrots contains 334% of the daily value (DV) for Vitamin A in an average adult!

If you were to travel the world to experience the ultimate global carrot adventures, where would you go to find:



A

The carrot production capital of the U.S.



B

Purple carrots in major art masterworks



C

Red carrot served at New Year's



D

A salty, pickled, purple carrot and turnip beverage



E

The World Carrot Museum

The ultimate carrot adventure would include...

- A. California**, which produces about 85% of all carrots in the United States.
They even have an annual carrot festival!
- B. The Villa Farnesina in Rome, Italy**, which is decorated with frescoes by many famous Renaissance artists, including Raphael.
- C. China**, where red carrots are served to celebrate the New Year.
- D. Turkey**, where they drink a fermented beverage called shalgam, which is made from purple carrots and turnips
- E. Online! The World Carrot Museum** is a virtual resource for carrot history, trivia, and all things carrot. To tour the World Carrot Museum, you can go to <http://www.carrotmuseum.co.uk/>

Where do baby carrots come from?



A

Immature
carrots

B

Baby carrot
seed

C

Peeled pieces
of long carrots

D

China

C. Peeled pieces of long carrots!



Long, skinny carrots
are harvested from
the field



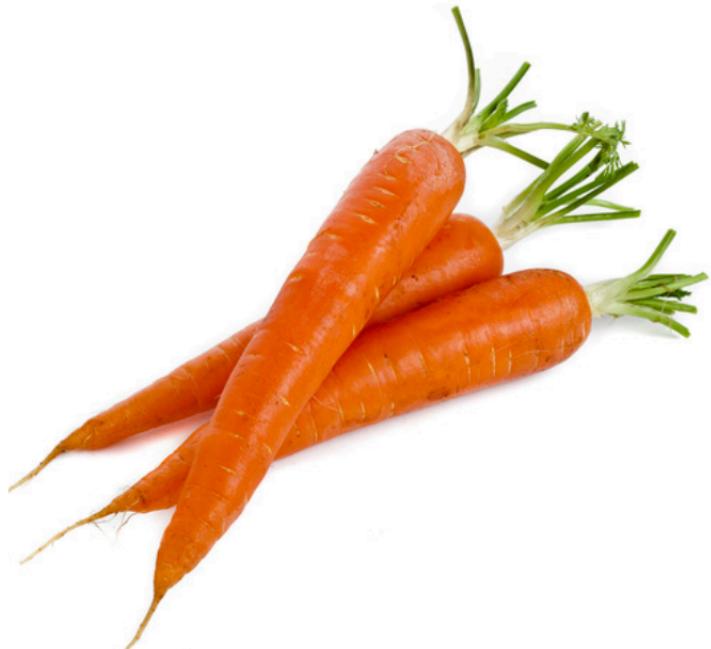
Carrots are washed,
sorted, peeled, and cut
into snack-size pieces



Baby carrots are
ready for packaging!

Which dietary nutrient is provided by orange carrots?

- A. Calcium
- B. Vitamin A
- C. Vitamin B
- D. Vitamin C
- E. Vitamin D





B. Vitamin A

Have you ever heard that carrots are good for your eyes? That's because orange carrots contain beta-carotene, a precursor for Vitamin A, which is essential for eye health. Vitamin A is also important for growth, development, and immune system function.

Compared to raw carrots, the nutritional value of cooked carrots is which of the following?



- A. Cooked carrots have much less nutrition
- B. Cooked carrots have about as much nutrition
- C. Cooked carrots have more nutrition



B. Cooked carrots have about as much nutrition as raw carrots.

Cooked and raw carrots contain similar amounts of beta-carotene. However, processing methods and ingestion of carrot with fats like butter can increase absorption of beta-carotene.