

# 5 Fun Facts about Carrots!



Carrots are excellent sources of beta-carotene, which our bodies can turn into vitamin A. They're also rich in fiber and potassium, yet very low in calories. How much do you know about this amazing vegetable?



## FACT #1: Carrots Can Masquerade as Flowers

Have you ever heard of Queen Anne's Lace? This popular flower is actually a wild carrot, which can breed with many different carrot varieties.



## FACT #2: Carrots Weren't Always Orange

The first carrots were actually yellow or purple. Orange carrots weren't cultivated until much later, but since they were less bitter than their predecessors, they quickly became popular.



## FACT #3: Carrots Can Get REALLY Big

The heaviest carrot ever recorded weighed over 18 pounds, and the longest carrot ever measured grew to be over 19 feet long.



## FACT #4: Too Many Carrots Can Change Your Skin

If you eat too many carrots, your skin could turn orange! This condition, called carotenemia, is easy to reverse and shows up mostly on the palms of the hands and soles of the feet. Don't worry though, you have to eat a lot of carrots before carotenemia comes into play.



## FACT #5: Americans Really Like Carrots

According to the Washington State Department of Agriculture, "Americans eat, on average, 10.6 [pounds] of fresh carrots per person per year."