



# Carrot

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Canada, Colombia, Ecuador, Guatemala, Mexico, USA

### Receiving Information:

- Bitter flavor: Indication of ethylene exposure - store away from ethylene-producing produce and ripening rooms.
- Cracks; flabby or discolored skin: Indication of freeze damage.
- Decay; sprouting: Indication of storage at high temperatures - maintain proper storage temperature.
- Wilting: Carrots may wilt if stored in an area with low humidity. Bunched carrots are more perishable than topped carrots.
- Yellow tips; soft spots: Indication of age - inspect carrots carefully upon arrival.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: Yes
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: Yes
- Cooking: Carrots can be added to soups or salads to add a sweet taste or crunchy texture. Dill, coriander, chervil, and tarragon are herbs that enhance the flavor of carrots.
- Refrigeration: Carrots can become rubbery if stored in an area of the refrigerator that is too dry.
- Washing: Carrots should be rinsed before eating or using in cooked foods.
- Selection: Choose carrots that are hard and unblemished. Avoid carrots that show signs of decay or have a white film on them.

- Scientific Name: *Daucus carota* ssp. *sativus*
- Usage: Excellent for eating out of hand, cooked, and baked.
- Outside Coloring: Orange
- Phytochemical: Rich in beta-carotene
- Shape: Round and cylindrical
- Skin Texture: Smooth texture, may contain fine hairs
- Flesh Description: Sweet taste, orange in color, very firm and crunchy
- Taste: Sweet, crunchy taste

## Nutrition Facts

### Serving Size: 1 cup chopped

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 52		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 88mg		4%
Total Carbohydrates 12g		9%
Dietary Fiber 4g		14%
Sugars 6g		
Protein 1g		3%
Potassium 410mg		9%
Vitamin A 153%	Vitamin C 10%	
Calcium 4%	Iron 2%	

\*Percent Daily Values are based on a 2,000-calorie diet.