IDEA Farms are currently growing 7 varieties of carrots, including orange, yellow & purple carrots!

**Orange Carrots:** Bolero, Napoli, Nectar & Romance

**Yellow Carrot:** Yellowbunch

**Purple Carrots:** Deep Purple and Purple Haze

Besides orange, carrots come in many different colors such as purple, red, white and yellow.

Carrots have a low glycemic index (GI). GI is used to measure how quickly food raises blood sugar after a meal. Low GI foods can be beneficial for people with diabetes.

Carrots are a nutritious root vegetable full of Vitamin A, Biotin, Fiber, Vitamin K 1, Potassium and Vitamin B6!

Compared to other vegetables, carrots contain the highest amount of Vitamin A which is important for good eye health!

IDEA Farms has been hard at work growing carrots for our scholars! We are eager for our farmers to harvest the carrots so our students can try the January Harvest of the month recipe- Carrot and Sweet Potato Patties!