



HARVEST OF THE MONTH

JANUARY 2021

CARROTS



FAST FACTS



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!

VARIETIES

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

IDEA FARM

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!

