



TAHOE FOREST
HEALTH SYSTEM

Harvest of the Month

Rainbow Carrots

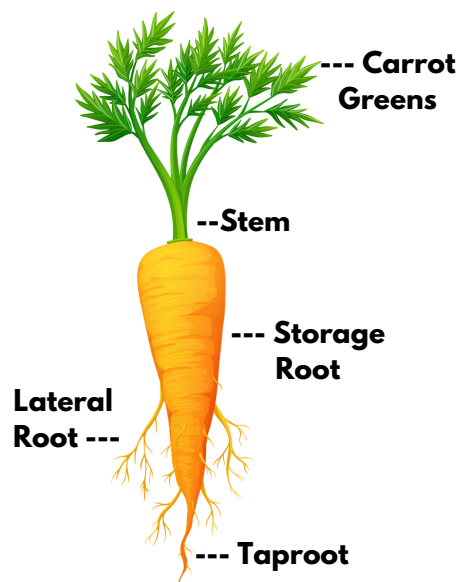
Engaging Questions

- Raise your hand if you have ever had a carrot that is not orange?
- Orange carrots help our eyes, purple carrots are good for our brain, and yellow ones help our heart, which color carrot do you like the most?
- Which color of rainbow carrot do you think will taste the sweetest?

Reasons to Eat

- Carrots are high in beta-carotene (which turns into vitamin A), and is important for eye health.
- Carrots also contain vitamins like K and B6, and minerals like potassium, which support overall health and well-being.

Botanical Facts



Scientific Name: *Daucus*

Carota subsp. *sativus*

Family: Apiaceae

Classification: Root Vegetable

Produce Tips

- Carrots are best stored in the refrigerator or stored in water to keep them tasty and crunchy.
- Do not store with fruits. Fruit gives off a natural gas that can make vegetables go bad.

How do they grow?

- Optimal growing conditions are 75-85 degree days and 50-60 degree nights.
- Carrots are an annual root crop and grown year-round in California.
- The growing season ranges from 110-180 days, depending upon the time of the year.
- After loosening the earth under the mature carrots, large, self-propelled harvesters lift the carrots by their tops, remove the tops, and load the carrots into a truck and trailer which travel alongside the harvester.

Facts from: <https://calcarrots.com/about/planting-harvesting/>

Fun Facts

- What was the first color of carrots? A: PURPLE!
- The story about carrots improving night vision was a clever lie told by the British during World War II to hide their radar technology according to the Kids Encyclopedia Facts.
- The leafy tops, flowers, and even the seeds of the carrot plant are edible too!
- Eating too many carrots can cause a temporary condition called carotenemia (carot-en-emia), which can turn your skin yellow-orange according to the Cleveland Clinic.

Connection to California

- Primary carrot-producing counties in California: Kern, Imperial, Monterey, & Los Angeles
- 70,000 acres harvested in California annually.
- 80-90% of carrots produce in the United states come from California.

History

Fossil Pollen from the Eocene period (55 to 34 million years ago) has been identified as belonging to the Apiaceae, which is part of the carrot family. The primary colors of carrots, prior to the cultivation of orange carrots, were purple, while, red or black.