

Rainbow Baby Carrots

Look: Carrots are different colors because of their pigment and how the vegetable is grown. The color is based on the time of year the seed is planted, weather conditions, the condition of the soil, and the amount of sun and water the seed receives. The orange color is due to carotenes and yellow due to anthocyanins.

Taste: The taste of each color differs by variety, but there isn't a drastic flavor contrast between them. Some varieties have a sweet and spicy taste to them, while others are sweeter than orange carrots.

Touch: As long as carrots are scrubbed and washed, they can then be cooked or eaten raw with or without being peeled.



How many different colors of carrots do you see?



Did you know?

The first colors of carrots in written records, dating back to A.D. 900, were purple and yellow. The first definite reports of carrots as a root crop came from modern day Afghanistan, Iraq, and Pakistan. White carrots didn't appear until the 1800's!

Nutritionals

- Purple carrots are high in anthocyanins, which are rich in antioxidants.
- Yellow carrots contain xanthophylls, which is linked to having good vision.
- Red carrots are a good source of lycopene, which can help fight against heart disease and some cancers.
- White carrots lack color, but not nutrients, as they are a rich source of fiber.
- Orange carrots are rich in beta- and alpha-carotene, which are great for reducing your risk of eye diseases.