

**Harvest of the Month: Carrots**

*Welcome back, teachers! A new school year means a chance for you and your students to learn about all of the Harvest of the Month items that are going to be served this year. Each month you will receive this handy info sheet which will include tips to share with your students regarding adventurous eating, nutrition information, and trivia about the Harvest of the Month item.*

*Thank you for helping to nurture lifelong healthy eaters!*

**This month in adventurous eating:** *Be an adventurous eater yourself!*

Sometimes getting your students to try a new food item can be challenging. Try being a positive role model by being the first to try the Harvest of the Month item, and expressing your excitement about it! When students see that their teacher is enjoying the snack, they are much more likely to give it a try for themselves. Likewise, one adventurous student can inspire an entire class of adventurous eaters!

**Nutrition Sound Bite:** We dig carrots! Carrots are a root vegetable that can be grown year-round in Washington State. Carrots grow in a rainbow of colors and provide a variety of important nutrients.

**Nutrition Digest:**

* One serving of carrots is ½ cup, which is about 1 medium carrot or 4 baby carrots.
* Carrots are a super-star source of vitamin A, C, and K. (A lack of vitamin A can lead to night-blindness, so you could even say carrots help you see in the dark!)
* Vitamin A is also necessary for normal functioning of the immune system. Avoid those sick days by eating a handful of crunchy carrots!

**Carrot Trivia:**

* Where and when were carrots first grown?
  + Carrots were first grown in Central Asia several thousand years ago.
* T/F: When carrots were first cultivated, they came in red, black, yellow, white, and purple -- but not orange.
  + True! The orange variety is the result of a genetic mutation!
* Which state produces the most fresh carrots in the United States?
  + California is the top producer of fresh carrots. Washington ranks 4th in the nation in production of fresh carrots, after California, Wisconsin, and Michigan.
* How many carrots will the average person consume in their lifetime?
  + The average person will consume 10,866 carrots!
* How long was the world’s longest carrot? How much did the world’s heaviest carrot weigh?
  + The world’s longest carrot on record was 19 feet 17/8 inches. The world’s heaviest carrot weighed in at 19 lbs.