

# Carrot



Carrots, botanically classified as *Daucus carota* subs. *sativus*, are slender, edible, underground taproots that grow frilly leaves in a rosette pattern and belong to the Apiaceae family along with celery, parsnips, and parsley. Labeled as a root vegetable, there are many different varieties of Carrots found in a wide array of colors that are harvested at multiple stages of maturity for commercial sale. Carrots have been cultivated since ancient times and were deeply rooted in the diets and traditional medicine of Asian and European cultures. Despite our familiarity today with the bright orange variety, orange carrots did not arrive into the commercial marketplace until the 16th and 17th centuries. Carrots are an excellent source of vitamin A, which can help prevent vision loss, vitamin C to protect the body from sickness, and fiber to assist with digestion. The roots also contain some vitamin K, magnesium, calcium, folate, and potassium.

## HEALTH BENEFITS

- Improves eyesight
- Boost immune system
- Regulates blood sugar
- Prevents macular degeneration
- Reduces risk of cancer & stroke
- Prevents heart disease
- Reduces high blood pressure
- Maintains good digestive health
- Improves skin
- Improves Kidney function
- Reduces incident of stroke

**Yeshurun Farm**

[Email:yahsgkm@gmail.com](mailto:yahsgkm@gmail.com)

Phone:602-743-8950