



Geography/History

Both the wild and the cultivated **Carrots** belong to the species *Daucus carota*. Carrots originated over 5000 years ago in present-day Afghanistan. They were first cultivated as a purple root. Natural hybrids and mutants were developed and crossed with wild and cultivated varieties. Orange carrots first appeared in Europe in the 1700's, quickly displacing other varieties and dominating the market.



See the table below for in depth analysis of nutrients:
 Carrots (*Daucus carota*), Fresh, raw,
 Nutrition value per 100 g. Total-ORAC value 666
 umol TE/100 g.
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	41 Kcal	2%
Carbohydrates	9.58 g	7%
Protein	0.93 g	1.5%
Total Fat	0.24 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.8 g	7%
Vitamins		
Folates	19 mcg	5%
Niacin	0.983 mg	6%
Pantothenic acid	0.273 mg	5.5%
Pyridoxine	0.138 mg	10%
Riboflavin	0.058 mg	4%
Thiamin	0.066 mg	6%
Vitamin A	16706 IU	557%
Vitamin C	5.9 mg	10%
Vitamin K	13.2 mcg	11%
Electrolytes		
Sodium	69 mg	4.5%
Potassium	320 mg	6.5%
Minerals		
Calcium	33 mg	3%
Copper	0.045 mg	5%
Iron	0.30 mg	4%
Magnesium	12 mg	3%
Manganese	0.143 mg	6%
Phosphorus	35 mg	5%
Selenium	0.1 mcg	<1%
Zinc	0.24 mg	2%
Phyto-nutrients		
Carotene- α	3427 mcg	--
Carotene- β	8285 mcg	--
Crypto-xanthin- β	0 mcg	--
Lutein-zeaxanthin	256 mcg	--

Description/Taste

Jumbo **Carrots** can reach lengths as long as 9". Cultivated varieties can be shades of orange, yellow, purple and white. Their flesh is snappy and crisp. Their flavors, quintessentially earthy and sweet. Though Jumbo carrots are most often found trimmed of their thin, dill-like foliage, their greens are equally edible, with herbaceous carrot and parsley undertones.

