



# Carrot Rainbow Crunch

- Scientific Name: *Daucus carota* ssp. *sativus*
- Usage: Excellent for eating out of hand, cooked, and baked.
- Colors range from orange, purple, red, white, or yellow
- Phytochemical: Rich in beta-carotene
- Shape: Round and cylindrical
- Skin Texture: Smooth texture, may contain fine hairs
- Flesh Description: Sweet taste, very firm and crunchy

## Purchasing Specifications

### Receiving Information:

- Bitter flavor: Indication of ethylene exposure - store away from ethylene-producing produce and ripening rooms.
- Cracks; flabby or discolored skin: Indication of freeze damage.
- Decay; sprouting: Indication of storage at high temperatures - maintain proper storage temperature.
- Wilting: Carrots may wilt if stored in an area with low humidity. Bunched carrots are more perishable than topped carrots.
- Yellow tips; soft spots: Indication of age - inspect carrots carefully upon arrival.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: Yes
- Odor Producer: Yes
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: Yes
- Refrigeration: Carrots can become rubbery if stored in an area of the refrigerator that is too dry.
- Washing: Carrots should be rinsed before eating or using in cooked foods.
- Selection: Choose carrots that are hard and unblemished. Avoid carrots that show signs of decay or have a white film on them.

## Nutrition Facts

**Serving Size: 1 cup chopped orange carrot**

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 52		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 88mg	4%	
Total Carbohydrates 12g	9%	
Dietary Fiber 4g	14%	
Sugars 6g		
Protein 1g	3%	
Potassium 410mg	9%	
Vitamin A 153%	Vitamin C 10%	
Calcium 4%	Iron 2%	