



HOLLAND MARSH CARROTS

FACTS

Carrots are a naturally sweet and tasty root vegetable. The two main types of carrots are regular and baby, with many varieties in between. Generally, carrots are long with orange skin and an orange, crunchy interior. There are also yellow, white and purple varieties. Some market fresh carrots come with their inedible green tops. Carrots are delicious roasted, boiled, steamed, stir-fried and grilled. They team up beautifully with almost any vegetable companion. Of course carrots make a perfect raw snack!

Health Benefits: Carrots are an excellent source of Vitamin A and a source of Fibre, Vitamin C, Vitamin B6, Folate, Vitamin K, Potassium and Manganese.

Number of acres farmed in the Marsh annually: 4,000 acres