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.

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.

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>41 Kcal</td>
<td>2%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>9.58 g</td>
<td>7%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.93 g</td>
<td>1.5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.24 g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.8 g</td>
<td>7%</td>
</tr>
</tbody>
</table>

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-α 0 mcg
- Lutein-zeaxanthin 256 mcg

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)