

CARROT



Carrots are a good source of Beta carotene which turns into Vitamin A. The beta carotene in carrots is said to improve vision in the dark.



The carrot seeds come from the flower of the plant. The seeds are small, an average of 1mm and brown in color.



carrots are locally grown in Hawaii all year round.

Just like onions and garlic, carrots grow in the ground. They are a root vegetable; the most commonly eaten part being the taproot.

