


ROASTED CARROTS



- ◆ Carrots come in all sizes, shapes and colors.
 - ◆ These root vegetables grow around the world.
 - ◆ Carrots have been garden-grown for nearly 2,000 years.
 - ◆ They are a popular snack food and feed people, livestock and wildlife.
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- ◆ A carrot grower in South Wales produced a Guinness record-setting carrot, which was over 16 feet long.
 - ◆ The baby carrots sold as snacks or mini-carrots in markets are usually full-size carrots that have been cut and shaped to finger-food size.
 - ◆ Studies indicate that one carrot a day could cut the risk of lung cancer in half.
 - ◆ Carrots are high in vitamin A and carotenoids which are powerful antioxidants.
 - ◆ Two scientists in Scotland invented a biological-based material called Curran. It is primarily made from carrots. First used in making fishing rods, Curran is environmentally friendly that can be developed for snowboards, vehicle components and could replace carbon fiber and reduce oil consumption in manufacturing.
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