



# Carrots

**Georgia grown  
Carrots served  
in your café!**



**Grimmway Farms** traces its roots to a produce stand opened by the Grimm brothers. Today, Grimmway is the world's largest producer of carrots. Grimmway Farms is located in Lake Park, Georgia.

- Carrots are a root vegetable.
- Carrots get their orange color mainly from beta-carotene, a red-orange pigment found in some plants.
- Carrots were first grown for medicine, not food.
- The average American eats about 12 pounds of carrots a year!
- ★ Carrots are an excellent source of vitamin A!

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