

Munch Minute

EASY INFORMATION FOR PARENTS



CARROTS

Carrots grow underground with their leaves on top of the soil. Carrots can be orange, white, yellow, red and even purple.

We grow carrots in our gardens in Manitoba, deer and squirrels love to eat them too!

Carrots can be eaten raw, in salads, with dip. They can be cooked into stir fry, soup, roasted with oil and spices and even made into cake!

