

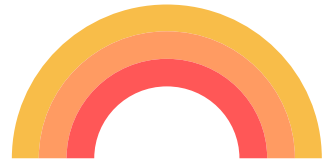


PORTLAND PUBLIC SCHOOLS **Nutrition Services**

FRESH FRUIT
&
VEGETABLE
PROGRAM

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

RAINBOW CARROTS



YOU CAN EAT CARROTS MANY WAYS:
COOKED, BAKED, STEAMED, RAW & SHREDDED



NUTRIENTS:

VITAMIN A & C

FIBER

VITAMIN K

POTASSIUM

HELPS PROMOTE DIGESTION

ANTIOXIDANTS called carotenoids that HELP
REDUCE INFLAMMATION and ENHANCE your
immune system



CARROT FACTS

-Grows in the ground

-Root vegetable

-You can cut off the tops, leave it in water for two days and wait for it to sprout. Then plant it in the ground and loosely cover with soil. Within 30 days you will have a carrot plant, and tiny white flowers will bloom. Cut the white flower tops off and let them dry. Once dried you can collect the seeds and plant them in the ground to be harvested. They will be ready for harvest 70 to 80 days later!

CONNECT WITH US

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