

Featuring
Rainbow
Carrots



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Did You Know?

Rainbow Carrots

Where I grow best:

Rainbow carrots grow best in cool weather with lots of sunshine. They like soil that is soft and loose so their roots can grow easily. The best temperatures for rainbow carrots are between 55°F and 75°F. They also need enough water to keep the soil moist, especially when they are first growing. Rainbow carrots love the long days of spring or fall, making these seasons the perfect time to grow them!

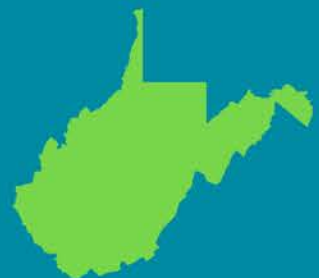
My Nutritional Superpowers include:

Rainbow carrots have some amazing superpowers! Each color of carrot brings its own special nutrients—purple carrots are full of antioxidants, orange carrots are packed with vitamin A to help your eyes, and yellow carrots support heart health with potassium. They're also loaded with vitamins A, C, and K, which help keep your skin, immune system, and bones strong.

I taste great in meals like:

Rainbow Carrot Sticks with Dip, Rainbow Carrot Salad, and Rainbow Carrot Wraps

You can find Rainbow Carrots at Grocery Stores and Walmart in West Virginia!



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Recipe Spotlight

Rainbow Carrot Wraps

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Spread a layer of hummus or cream cheese on the tortilla.
2. Add the thinly sliced rainbow carrots and leafy greens.
3. Roll up the tortilla tightly and cut it into slices.
4. Enjoy a fun, colorful wrap for lunch or snack!

What you will need:

- 1-2 rainbow carrots, thinly sliced
- Whole wheat tortilla
- 1/4 cup hummus or cream cheese
- Leafy greens (like spinach or lettuce)



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.


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There's more to discover at wvharvest.com/thoughtfoodness

