

# From seeds...to plants



# From the garden, to our plates



# Coins or Cake



**In many colors**



# Eat Your Carrots!

**EAT LOCAL**



**Be sure to enjoy locally grown  
Carrots this month!**

# F2S Marketing Information

Welcome Sign – Post Near Cafeteria Entrance

Facts – Post on serving line, use for morning announcements, web site, newsletters

Signs – from right to left (start with seed) ending at the Carrots (on serving line)

New F2S Sticker – On any packaged Carrot Recipe

# Announcements, Posts, Newsletters

March: This month our café is featuring fresh locally grown Carrots.

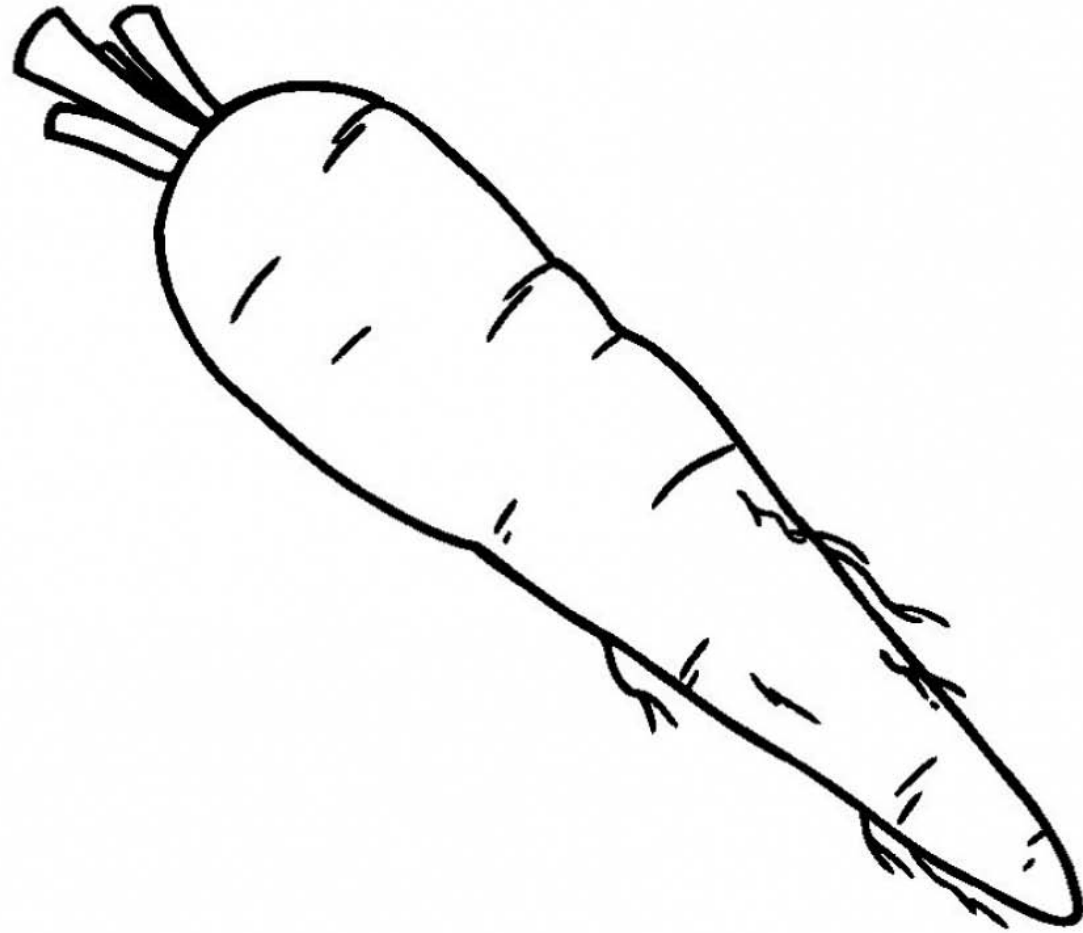
- The Longest Carrot recorded in 1996 was 5.14 meters (16 feet 10 ½ inches)
- The Heaviest Carrot recorded in the World 18.985 lb 1998 (single root mass) John V. R. Evans, USA
- Three Carrots give you enough energy to walk three miles.

# Announcements, Posts, Newsletters

- Carrots are high in Beta Carotene which helps in healthy vision. They also help your heart and immune system be healthy. Carrots are also a great source of fiber and Vitamin C.
- Carrots date back to ancient times. Their orange color did not come about until the 16th century. Until that time, carrots were generally purple, yellow and white. The ancient Greeks encouraged the eating of carrots as a remedy for a stomach ache. Carrots were brought to the shores of the United States by early settlers.

# Carrot Recipes

- Garlic - Parmesan Baked Carrots
- Lemon - Herb Steamed Carrots
- Baked Carrot, Apple and Pineapple Casserole



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