

CARROTS

Nutrition and Health

C
f
35 . A - C f

Selection

f ,
f .
" , " . A
" . A
f f
f .

Storage

f f
f f
f . (C
f .)C
f .
,
, f
.

Preparation

.A f
f .C
,
f

. f 6 () - 5 (2 () 1) 12 () 62 () 6 () 13) - 6 C D (,) 1) 6 () 6 . () 4 ()

Copper Pennies

2 , -
1

1

1

1