



Fresh from Vidalia, Georgia, **Generation Farms** features a wide variety of seasonal & year-round products. For more than four generations, Generation Farms has been growing green beans, watermelons, and onions.



*Carrots*



- Carrots are a root vegetable.
- Carrots get their orange color mainly from beta-carotene, a red-orange pigment found in some plants.
- Carrots were first grown for medicine, not food.
- The average American eats about 12 pounds of carrots a year!

★ Carrots are a good source of vitamin A!



**Georgia grown**  
**Carrots**



**served in your café this March!**

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