

CARROTS

Nutrition and Health

C
f
35 . A - C f

Selection

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

Storage

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

Preparation

. A f
f . C
,
. f

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

Copper Pennies

2 , -
1

1

1

1