

Carrots

How to store:

- Don't wash the carrots until you plan to use them.
- Twist or trim carrot greens and discard or store in separate container if you plan to use them.
- Wrap the carrots in a paper towel and store in an airtight container in the fridge.
- Keep carrots away from apples to prevent spoiling.
- Carrots will last between 3-4 weeks when properly stored.

How to tell if carrots are bad

- Spoiled carrots have an odor, slimy texture, or dark discoloration.
- The white markings that form on carrots signals that your carrots are drying out. They can still be eaten. Rinse them first to bring some moisture back.

Great source of Vitamin A, which helps your body fight infections.

