

Availability

127118V
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Some major production areas include:

	January	February	March	April	May	June	July	August	September	October	November	December
California	•	•	•	•	•	•	•	•	•	•	•	•
Florida	•	•	•	•	•	•	•	•	•	•	•	•
Michigan	•	•	•	•	•	•	•	•	•	•	•	•
Washington	•	•	•	•	•	•	•	•	•	•	•	•
Wisconsin	•	•	•	•	•	•	•	•	•	•	•	•
Canada	•	•	•	•	•	•	•	•	•	•	•	•
Mexico	•	•	•	•	•	•	•	•	•	•	•	•

NOTE: Another production area is Texas.

Variety/Type Descriptions

Although there are many varieties of carrots, they are generally sold according to size. Carrots are characterized by a firm, smooth exterior, orange to orange-red color, and crunchy texture.

Ordering Specifications

Common packaging:

1-, 2-, 5-, 10-, 25-, and 50-lb. bags holding medium or jumbo carrots
5-lb. bags holding baby-cut carrots

Grades:

U.S. Extra No. 1
U.S. No. 1
U.S. No. 1 Jumbo
U.S. No. 2

Sizes:

Medium
Jumbo
Baby-cut (peeled and cut to size)

Receiving and Inspecting

Good quality carrots should be well-shaped with firm, smooth exteriors. Color should be vibrant orange to orange-red. For best quality, tops should be closely trimmed since they tend to decay rapidly. Avoid flabby, soft, or wilted carrots or product that shows any mildew, decay, growth cracks, or splits.

Storing and Handling

Temperature/humidity recommendation for short-term storage of 7 days or less:

32-36 degrees F/0-2 degrees C
90-98% relative humidity

Retail display tips:

Water sprinkle: Ok
Top ice: Ok

Ethylene production/sensitivities:

Produces ethylene: No
Sensitive to ethylene exposure: Yes

Storing tips:

Keep carrots away from ethylene-producing fruits and ripening rooms. Carrots may also absorb odors; keep away from foods with strong odors.

Nutrition*

Serving Size 1 Carrot, 7" long,
1 1/4" diameter (78g)

Amount Per Serving	% Daily Value
Calories 35	
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A	270%
Vitamin C	10%
Calcium	2%
Iron	0%

*These values are based on the proposal published by FDA in the Federal Register of March 20, 2002. While PMA believes that use of these data should not result in FDA regulatory action, such a result can never be assured. Consultation with Company counsel is suggested before the data is used in conjunction with the marketing of specific products.



Troubleshooting

Bitter flavor:

Carrots may acquire a bitter flavor if exposed to ethylene gas. Store carrots away from ethylene-producing fruits and ripening rooms.

Wilting:

Carrots may wilt if stored in an area with low humidity. Bunched carrots are more perishable than topped carrots. Maintain a humidity level of 90-98% for best quality.

Decay; sprouting:

Carrots may begin to decay or sprout if stored at high temperatures. For best quality, maintain storage temperature of 32-36 degrees F/0-2 degrees C.

Cracks; flabby or discolored skin:

These are indications of freeze damage. To prevent freeze damage, do not store carrots below 30 degrees F/-1 degree C.

Yellow tips; soft spots:

These are signs of age and will result in a poor-flavored product. For best quality, inspect carrots carefully upon arrival.