

Farm to School

Farm Logix
Seeds of Technology
proven planting

Carrot Sticks

Grown just 99 miles from here!



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Manheim Farms, run by Hugh Manheim, is a family-owned farm located on the Connecticut river at the base of Sugarloaf Mountain. The farm stretches over 350 acres of the richest, most fertile farmland in the Pioneer Valley. The farm has been family owned since 1990. Nicknamed the personable parsnip people, they grow delicious parsnips and a variety of other produce items that are packed as the Sugar Mountain brand and sold in supermarket chains and in independent grocery stores.

The name carrot derives from the Greek word "karoton" whose first three letters "kar" signify anything with a horn-like shape.

Carrots are root vegetables that grow underground. Their green leaves are also edible and can be cooked like spinach!

Carrots are best known for their benefits to your eyesight, but they also are great for keeping your heart healthy!

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