1. Carrots originated in Afghanistan. They can be purple, red, white, yellow, and orange.
2. 80% of the world’s sweet potatoes come from China. North Carolina’s official vegetable is the sweet potato.
3. Beets are entirely edible, from the tips of its leaves down to its long, pointed root!
4. If you only use half an onion during cooking, place the other half in a freezer-safe bag and store in the fridge or freezer.
5. Turnips belong to the mustard family and have a sweet radish-like taste.