

117. *DAUCUS CAROTA* subsp. *SATIVUS* (Hoffm.) Arcang. (APIACEAE) — Cultivated Carrot, Queen Anne's Lace (Wild)



Cultivated for the enlarged fleshy taproot, eaten as a raw vegetable or cooked in many dishes. Eaten sliced, diced, cut up, or shoe-stringed, carrots are used in many mixed vegetable combinations. They are sold in bunches, or canned, frozen, or dehydrated. They may be baked, sauteed, pickled, and glazed, or served in combination with meats, in stews, roasts, soups, meat loaf, or curries. Roasted carrots have served as coffee substitutes. Carrot juice is beneficial. Britishers once brewed a good wine from carrot. Humans are said to eat the leaves in Java.<sup>1</sup> Essential oil is used to flavor liqueurs and perfumes. Carrotseed oil, blended with cedarwood oil, is a good imitation of orris. Roots and tops may be fed to livestock.<sup>61</sup>

Seeds are aromatic, carminative, diuretic, emmenagogue, and stimulant, and are used for dropsy, chronic dysentery, kidney ailments, and worms.<sup>32</sup> Also, as an aphrodisiac, a nervine tonic, and for uterine pain. Roots are refrigerant and are used in infusion for threadworm. Diuretic and eliminating uric acid, carrots belong in the diet of gout-prone people. Local stimulant for indolent ulcers; other ingredients of carrot lower blood sugar; hence, carrot might be increased to good advantage in the prevention of cancer, diabetes, dyspepsia, gout,