Carrots

Background:

Can be eaten raw or cooked by a variety of techniques including baking, roasting, sautéing, and blanching

Baby carrots are very tender but are not as flavorful as full-grown carrots because of their lack of maturity

Can be found in almost every culture’s cuisine

Pair well with both sweet and savory flavors

Nutritional Value:

Rich source of fiber, several vitamins and minerals, and beta-carotene.

*Fiber*—important for digestive health and keeps you feeling full

*Beta-carotene*—precursor to vitamin A, an antioxidant which is good for eyesight and skin

*Vitamin C*—important for immune system, healthy skin, and wound healing

*Vitamin K*—important for blood clotting

*Biotin*—promotes healthy hair, skin, and nails

*Folate*—*important for* preventing neural tube defects and may help prevent cancer

*Potassium*—helps lower blood pressure and helps muscles contract

*Iron & copper*—important in red blood cell formation

*Manganese*—contributes to healthy bones
**Carrots**

**How to SHOP:**
Available year-round

Carrots should be firm and smooth. Avoid those with cracks or any that have begun to soften and wither. The best carrots are young and slender.

If buying with greenery, make sure the leaves are moist and bright.

**How to GROW:**
Carrots may be planted mid-spring after the threat of frost has passed and continue to plant new seeds every two weeks for continued harvest through the fall.

Plant carrot seeds 1/2” deep and 1-2” apart in rows that are 1-2’ apart.

Begin harvesting carrots when they are finger size, but they can stay in the soil longer if desired.

To harvest, gently lift the carrot from the soil.

**How to STORE:**
Remove greenery as soon as possible because it robs the roots of moisture and nutrients.

Store carrots in a plastic bag in the refrigerator’s vegetable bin.

Avoid storing carrots near apples because the ethylene gas produced by the apples can give carrots a bitter taste.

If they become limp, re-crisp them in a bowl of ice water.