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
Carrot Top Pesto

INGREDIENTS:

1/3 cup toasted walnuts or pine nuts  
1 clove garlic  
2 cups carrot tops, rough chopped  
1 cup fresh basil  
1/4 cup parmesan cheese

1/2 lemon, juiced  
1/4 cup olive oil  
Pinch of salt & pepper

DIRECTIONS:

In a food processor, pulse together walnuts and garlic until a paste forms.

Add carrot tops, basil, parmesan, and lemon juice. Pulse again, adding olive oil until desired consistency is reached.

Add salt and pepper to taste.

Serve pesto with sliced veggies, toasted bread, pasta, or dolloped on soup.

HELPFUL TIPS:

If you don’t have walnuts or pine nuts, you can substitute another nut you have on hand.

Adding olive oil slowly and in increments can help reduce the fat content compared to store-bought pesto.
Lemon Honey Roasted Carrots

INGREDIENTS:

- 1 lb. rainbow carrots, sliced diagonally
- 2 Tbsp. olive oil
- 1 Tbsp. honey
- Zest of 1 lemon
- 1/2 lemon, juiced
- 2 tsp. fresh rosemary
- 1 tsp. fresh thyme
- 1 clove garlic, minced
- Sea salt & pepper, to taste

DIRECTIONS:

Preheat oven to 400°F. Line baking sheet with parchment paper or coat with nonstick spray.

In a large bowl, combine all ingredients.

Place dressed carrots in a single layer on the prepared baking sheet.

Roast in oven for 15-20 minutes, or until tender. Serve immediately.

HELPFUL TIPS:

Make sure carrots are spaced evenly on the pan so they roast instead of steam.

This roasting method can be used with any flavor profile you like.
Carrot Cake Oatmeal

INGREDIENTS:

- 2 cups unsweetened almond milk
- 2 Tbsp. maple syrup
- 2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/8 tsp. ground nutmeg
- Pinch sea salt
- 2 cups finely grated peeled carrots
- 1/4 cup raisins or chopped dates
- 1/4 cup shredded unsweetened coconut
- 1 cup rolled oats
- 2 tsp. vanilla extract
- Chopped toasted pecans, optional

DIRECTIONS:

In a large pot over medium heat, whisk together almond milk, syrup, spices, and salt until smooth.

Stir in grated carrots, raisins, coconut, and oats. Bring to low boil, then reduce heat and allow to simmer uncovered, about 8-11 minutes, stirring frequently, until thickened.

Remove from heat and stir in vanilla extract. Portion into bowls and top with toasted pecans if desired.

HELPFUL TIPS:

- Additional almond milk may be added if necessary for desired consistency.
- Make sure to stir and keep an eye on the oatmeal to prevent from boiling over.