

CARROTS

Cafeteria | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

Kid-friendly eating tips

- Add shredded carrots to any salad
- Bake with carrots—they can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries

Selection Tip

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

Tidbit

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

Mini-activities

- Taste-test carrots of different varieties and colors.
- Practice shredding carrots! Allow students to take turns shredding a carrot and remind them that carrots can be eaten in many different forms.

Storage Tips

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about 1-3 weeks. To keep them even longer, wrap them in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables like apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year

Cooking Tips

- There's no need to peel carrots unless they are going bad but be sure to wash them well
- If you choose to peel your carrots, save the peels to simmer in stock.
- Avoid overcooking carrots to ensure nutritional value and good flavor
- Typically the taproot is eaten but the leafy green tops can be eaten too. You can sauté them with olive oil or cook them into a soup or stock.