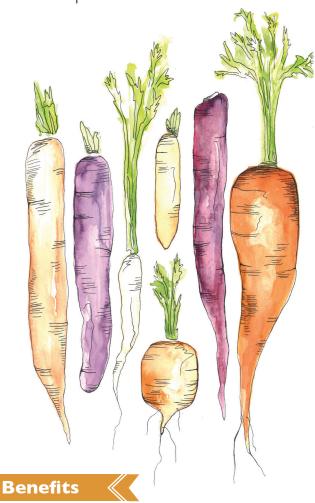
CARROTS

Cafeteria | VermontHarvestoftheMonth.org

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

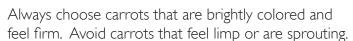


Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

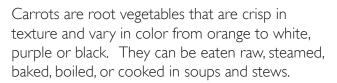
Kid-friendly eating tips

- 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



Tidbit



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 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.