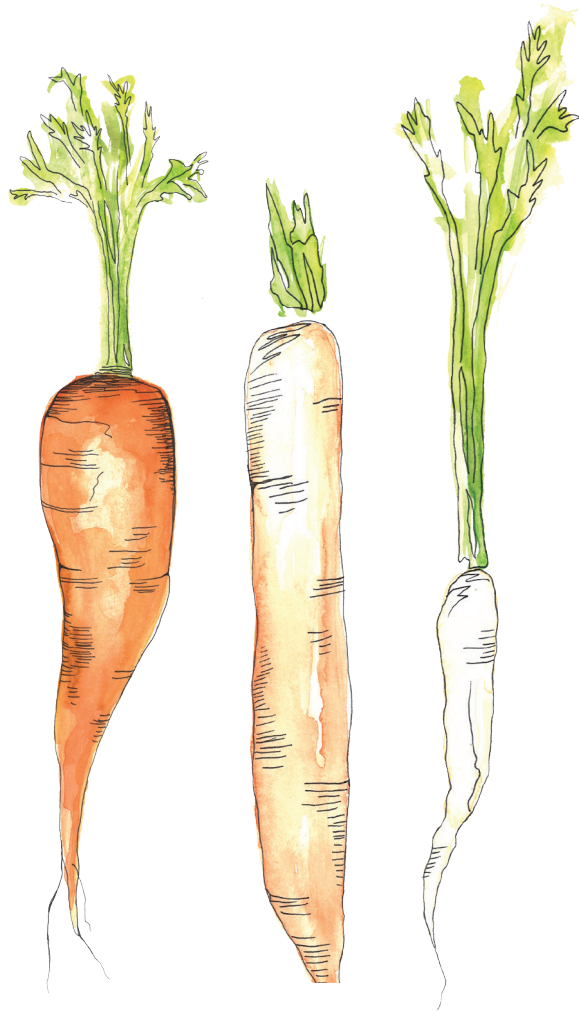


CARROTS

Home | VermontHarvestoftheMonth.org

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



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.

Selection Tip

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

Mini Activities

- Try carrot sticks with a variety of dips - like hummus or salsa - and decide which is the best pair with the carrots.
- Use the leafy tops of carrots as stamps with washable paint.

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.

CARROTS

Home | VermontHarvestoftheMonth.org

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



Recipes

Carrot Muffins

Carrot Muffins

Yield: 30 Servings

Ingredients:

- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1 Tbsp. baking soda
- 1 Tbsp. cinnamon
- 1 tsp. nutmeg
- 3 whole eggs
- 1/4 cup vegetable oil
- 1 1/2 cup brown sugar
- 1 tsp. vanilla
- 1 3/4 cup unsweetened applesauce
- 2 1/4 cups shredded carrots

Directions:

1. In a large bowl, mix flour, baking soda, cinnamon and nutmeg.
2. In a second bowl, lightly beat eggs; stir in oil, sugar and vanilla. Add applesauce and carrots. Mix well.
3. Add wet ingredients into flour mixture, stirring just to blend.
3. Pour into prepared muffin tins
4. Bake in a preheated 350 degree oven for 45-50 minutes or until just done.

Source: GMFTS

Baked Carrot Fries

Baked Carrot Fries

Ingredients:

- 3 lbs carrots
- 3 cloves garlic, minced
- 2 T olive or canola oil
- 1/2 t salt
- 2 T finely chopped fresh rosemary
- Pinch of pepper

Directions:

1. Preheat oven to 425 degrees
2. Oil a baking sheet
3. Cut carrots into thin strips
4. In a bowl, combine oil, garlic, rosemary, salt, pepper, and carrot strips. Stir or toss to coat evenly.
5. Spread sticks out evenly on baking sheet.
6. Bake for 20 minutes or until tender and crispy.

Source: Gardens For Learning Kids Kitchen: Best Recipes of GFL, Food Works at Two Rivers Center