



Harvest of the Month CARROTS

Why We LOVE Carrots!

FUN FACTS:

- Carrots are a root vegetable
- Carrots are the second most popular vegetable next to potatoes
- There are several different colors of carrots such as orange, yellow, white, and purple
- Carrots were originally grown as medicine and not food
- Despite what you see in cartoons, wild rabbits do not eat carrots
- Carrots can be traced back about 5000 years
- The biggest carrot recorded is more than 19 pounds and the longest is over 19 feet!
- One medium carrot is about 1/2 cup chopped carrots



Nutrition Facts	
Serving Size 1 medium 61g (61 g)	
Amount Per Serving	
Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 42mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Vitamin C 6%
Calcium 2%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: fruitandproduceguide.com

Carrots are a wonderful fresh vegetable that provides Vitamin A, Vitamin C, and fiber along with many other nutrients

Carrots are a great low calorie snack

Carrots provide food enzymes that help digestion when eaten raw

Carrots can be eaten alone or combined with other vegetables

Carrots are a great addition to stir-frys, cakes, quick breads, soups, coleslaws, casseroles, and side salads

Deep orange carrots are loaded with beta-carotene (which your body changes into Vitamin A)

Carrots have natural sugars which gives them a slightly sweet flavor

Meet the Farmers:



East Slope Farm is an organic family farm dedicated to growing high quality, clean, and responsibly grown produce. They are located north of Manawa. The farm specializes in growing several varieties of common vegetables and herbs, along with some nontraditional specialty items. They offer produce to customers directly through CSAs and farmers' markets. Brian and Anne Nischke are wrapping up their fourth growing season. Find more information at www.eastslopefarm.com

Thank-you East Slope Farm!

RECIPE: Easy Baked Carrots

Ingredients:

2 tablespoons honey
1/2 teaspoon nutmeg (opt)
1/4 teaspoon salt
1/2 cup water
4 cups carrots, sliced (or use baby carrots)
2 tablespoons butter, cut into 8 pieces

Directions:

1. Preheat oven to 350 degrees
2. In a baking dish, mix honey, nutmeg, salt, and water.
3. Add carrots and stir
4. Place pieces of butter on top of carrots
5. Bake for 15 minutes, stirring every 5 minutes, until tender crisp
6. Serve

Adapted from www.whatscooking.fns.usda.gov/



What is Farm to School?

The Farm to School Program

in Waupaca County is

serviced by two positions,

the nutrition educator and

the community outreach

coordinator. The goals of

Farm to School are to

increase opportunities for

students and families to try

fresh, local foods and also to

connect local growers and

producers to schools,

families, and other

community food service

facilities as a viable resource

for fresh, local, wholesome

foods.

How To:

Select:

Choose firm, bright carrots without cracks that look slightly moist.

Large carrots with the greens attached will have the sweetest flavor.

Store:

Remove greens from carrots and store tightly sealed in a plastic bag in refrigerator for up to two weeks.

Prepare:

The peel of the carrot is edible; gently scrub and rinse carrots prior to eating.

Enjoy carrots raw or cooked by steaming, sautéing, roasting, or baking.

Raw carrots can be eaten plain as a snack or sliced, chopped, or grated and added to salads or other dishes.

Additional Resources:

<http://waupaca.uwex.edu/4-h-youth-development/community-youth-topics/farm-to-school-program/>

<http://www.farmtoschool.org/> ◇ <http://www.farmtoschool.org/our-network/Wisconsin>

<http://public1.co.waupaca.wi.us/FarmFresh/> ◇ www.nutrition.gov ◇ www.choosemyplate.gov

<http://www.farmfreshatlas.org/> ◇ www.fns.usda.gov/fdd/

Please contact Waupaca County UW-Extension for more information at 715-258-6230