

Harvest of the Month



Pick:

- Choose firm, bright carrots without cracks that look slightly moist.
- Large carrots with the greens attached will have the sweetest flavor.

Store:

- Remove the greens from carrots and store tightly sealed in a plastic bag in refrigerator.

Prepare:

- The peel of the carrot is edible; gently scrub and rinse carrots prior to eating or peel if desired.
- Enjoy carrots raw or cooked by microwaving, steaming, sautéing, roasting or baking.

April



Carrots

Nutrition Info

One cup of carrots has 52 calories.

Carrots provide vitamins A & C and fiber.

Fun Facts

Carrots were originally grown as medicine and not food.

Despite what you see in cartoons, hares, which are wild rabbits, do not eat carrots.

Carrot varieties grown in the US are usually orange, but can also be yellow, white, red, and purple.

Uses

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

Add shredded carrots to your raw beef or turkey before making burgers.

Family Friendly Activities

Carrots are a kid favorite! Have your children help plan and prepare a meal featuring carrots cooked several ways. Try raw carrots with a dip, roasted carrots sprinkled with garlic and parsley, steamed carrots with honey and ginger, and shredded carrots added to a meatloaf. Make carrot cake for dessert!

Ask your child to compare the texture, size, color, taste and shape of carrots to other vegetables.

Farm2School Updates

The Harvest of the Month Calendar for next school year is confirmed! Here is a sneak peek at some of the foods you will see next year: blueberries, sweet corn, cucumbers, fresh lettuce, and cranberries!

Whole Wheat Carrot Muffins

Serves 12

Ingredients

- 1 1/2 cups whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon ginger, ground
- 1/2 teaspoon salt
- 1/2 cup butter, softened (but not melted)
- 1/2 cup honey
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 cup applesauce, unsweetened
- 3/4 cup carrots, shredded
- 1/3 cup diced walnuts, optional

Instructions

- Preheat oven to 350 degrees F. Line a muffin pan with paper, foil, or silicone liners, and set aside.
- In a medium bowl whisk together flour, baking soda, cinnamon, ginger, and salt.
- In a large bowl, use an electric mixer to mix the butter, honey, egg and vanilla together. Slowly add in the flour mixture until well combined. The batter will be fairly thick.
- Using a spatula, carefully fold in the applesauce and carrots. Mix in walnuts, if desired. Divide the batter evenly among the muffin cups. Bake for 22 - 24 minutes or until a toothpick comes out clean.

For more information on Farm2School visit: www.laxF2S.org.

Color
Carrots!

