

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 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 microwaving, steaming, sautéing, roasting or baking.

December



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

Cook carrots and conduct a taste test using several different seasonings such as ginger, parsley, garlic and honey.

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 the spring semester is confirmed! Here is a sneak peek at what you will see in 2017:

January – Eggs

February – Mushrooms

March – Winter squash

April – Edamame

May – Garlic

June – Strawberries

Rainbow Roasted Roots

Serves 10 (1/2 cup per serving)

Nutrition Facts

Serving Size 1/2 cup (185g)
Servings Per Container 10

Amount Per Serving

Calories 130 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 9%

Total Carbohydrate 25g 8%

Dietary Fiber 5g 20%

Sugars 8g

Protein 3g

Vitamin A 280% • Vitamin C 25%

Calcium 4% • Iron 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1 pound carrots (scrubbed and sliced)
- 1 pound sweet potatoes (scrubbed and cubed)
- 1 pound potatoes (scrubbed and cubed)
- 1 pound beets (peeled and cubed)
- 2 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper

Directions:

Preheat oven to 400 degrees. In a medium bowl mix all ingredients. Place mixture onto a sheet pan and roast for 25-35 minutes or until vegetables are tender and lightly browned. Add onion, garlic or other veggies for a twist!

For more information on Farm2School visit www.GetActiveLaCrosse.org

Color
Carrots!

