

HARVEST OF THE MONTH
 NEWSLETTER 02/2021


FEBRUARY
CARROTS
FUN FACTS

- Carrots were originally grown as medicine and not food.
- Despite what you see in cartoons, hares, also known as wild rabbits, do not eat carrots.
- Carrot varieties grown in the US are usually orange, but can also be yellow, white, red, and purple.

NUTRITION INFO

One cup of carrots has 52 calories.
 Carrots provide vitamins A & C and fiber.


Honey Glazed Carrots

Serves 5

Ingredients:

- 1-pound carrots, sliced coins or baby carrots
- 1 Tbsp. butter
- 2 Tbsp. honey

Directions:

Place about 3 inches of water in a saucepan. Bring to boil and cook carrots until tender. Drain water. Cover carrots with butter and honey, toss until well coated and serve.

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 discard (or cook them as you do your favorite greens). Store carrots 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.

USE

Carrots are a great addition to stir-fry's, cakes, soups, coleslaws, casseroles, and side salads. Add shredded carrots to your raw beef or turkey before making burgers.

Per Serving: 80 calories, 2.5g fat, 1.5g saturated fat, 1g protein, 14g carbohydrate, 3g fiber, 90mg sodium

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