**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, 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.

**Uses**
Carrots are a great addition to stirfrys, 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: tomatoes, kale, cranberries, winter squash, cabbage, green beans, edamame and lettuce!
Rainbow Roasted Roots
Serves 10 (1/2 cup per serving)

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.laxf2s.org