FEBRUARY
HARVEST OF THE MONTH
NEWSLETTER 02/2021

CARROTS

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.

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

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.

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.

Coulee Region Farm to School is a partnership between La Crosse County Health Department, Mayo Clinic Health System – Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, Holmen, La Crescent-Hokah, La Crosse, Onalaska, and West Salem.

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