

Harvest of the Month™

FALL- CARROTS



CARROTS, A COMMONLY GROWN AND CONSUMED VEGETABLE IN SAN DIEGO COUNTY, ARE A HEALTHY SOURCE OF CARBOHYDRATES AND FIBER. THEY ALSO SERVE AS A GREAT SOURCE OF VITAMIN A, SPECIFICALLY BETA CAROTENE WHICH GIVES THEM THEIR TRADITIONALLY ORANGE COLOR.

FOOD WASTE PREVENTION

- BE SURE TO CUT OFF THE CARROT TOPS BEFORE STORING, THOSE CAN BE UTILIZED AS AN HERB, FOR PESTO OR SAUCES, OR FOR STOCK
- DO NOT WASH CARROTS UNTIL READY TO USE
- TO KEEP CARROTS FOR MONTHS, STORE THEM CUT IN THE FREEZER FOR LATER USE
- STORE SLICES OF CARROTS IN JARS OF WATER IN THE FRIDGE TO KEEP THEM CRISP AND FRESH

HEALTHY SERVING IDEAS



MAKE A CREAMY CARROT SOUP



MAKE CARROT CAKE AND OTHER SWEET TREATS



ROAST AND SEASON



FUN FACTS

BABY CARROTS ARE NOT GROWN NATURALLY! THEY ARE SIMPLY PIECES CUT AND SHAPED FROM LARGER CARROTS!

CARROT VARIETIES



ORANGE

VIBRANT ORANGE IN COLOR WITH AN EARTHY AND SWEET TASTE

YELLOW

YELLOW AND GOLDEN IN COLOR WITH A SWEET, ALMOST FRUIT-LIKE FLAVOR



PURPLE

PURPLE ON THE OUTSIDE AND SOMETIMES YELLOW ON THE INSIDE. CAN BE STRONGER IN FLAVOR WITH A HINT OF PEPPERINESS



RED

RED OR SCARLET IN COLOR WITH A SIMILAR TASTE TO ORANGE CARROTS



WHITE

CREAMY COLOR WITH A MILD AND LESS EARTHY FLAVOR THAN OTHERS. GREAT FOR ROASTING



FUN FACTS

COOKED CARROTS ARE BETTER FOR YOU THAN RAW. COOKING THE VEGETABLE RELEASES MORE BETA-CAROTENE. THE RAW CARROTS ONLY GIVE YOU 3% BETA-CAROTENE, WHERE THE COOKED CARROTS GET UP TO 40% BETA-CAROTENE!

CARROT TOP GROWING

MATERIALS

- ONE INCH OF THE CARROT ROOT
- 2 TOOTHPICKS
- SMALL GLASS JAR OR CUP
- WATER

INSTRUCTIONS

1. CUT THE TOP OF THE CARROT OFF SO YOU HAVE ABOUT AN INCH
2. STICK A TOOTHPICK INTO EITHER SIDE OF THE CARROT TOP AND PLACE IT OVER THE GLASS
3. FILL THE GLASS WITH WATER SO THAT IT IS LIGHTLY TOUCHING THE CARROT
4. PLACE IN A SUNNY AREA AND WATCH AS THE CARROT GREENS GROW!
5. HARVEST AND USE FOR RECIPES LIKE PESTO'S AND SALADS



ACTIVITY FROM: [HTTPS://WWW.GARDENINGKNOHOW.COM/SPECIAL/CHILDREN/GROW-CARROT-TOPS.HTM](https://www.gardeningknowhow.com/special/children/grow-carrot-tops.htm)

SPICY PICKLED CARROTS

INGREDIENTS

- 5 POUNDS OF CARROTS, PEELED AND SLICED INTO COINS
- 1 CUP SLICED CANNED JALAPENOS
- 6 TABLESPOONS OLIVE OIL
- 1/2 TSP SALT
- 1 CUP SLICED YELLOW ONIONS

INSTRUCTIONS

1. IN A LARGE POT, BOIL CARROTS IN WATER UNTIL TENDER, ABOUT 12-15 MINUTES
A. RAW CARROTS WON'T ABSORB THE FLAVORS WELL AND WILL TAKE MUCH LONGER TO PICKLE
2. DRAIN CARROTS AND ALLOW TO COOL.
3. MIX ALL INGREDIENTS TOGETHER. STORE IN A JAR AND REFRIGERATE FOR AT LEAST 1 HOUR BEFORE SERVING
4. EAT PLAIN OR USE AS A TOPPING FOR TACOS, NACHOS, AND MORE!

