



Nutrition Notes: March 2016: Harvest of the Month- Carrots!

CARROTS

Tidbit

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

Fun Facts

- When consumed in large quantities, carrots can add a yellow tint to skin. This is caused by the carotene in carrots. Don't worry, this phenomenon is not dangerous at all.
- Carrots are not just orange, some varieties produce white, yellow, purple, and even black carrots.
- In addition to the root of the plant, the leafy green tops of carrots can be eaten too.
- Carrots will taste sweeter after a light frost—the cold converts some of the vegetable starches into sugars.

Kid-friendly eating tips

- Add shredded carrots to any salad
- Bake with carrots—they can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries

Selection Tip

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

Storage Tips

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about 1-3 weeks. To keep them even longer, wrap them in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables like apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year

Cooking Tips

- There's no need to peel carrots unless they are going bad but be sure to wash them well
- If you choose to peel your carrots, save the peels to simmer in stock.
- Avoid overcooking carrots to ensure nutritional value and good flavor
- Typically the taproot is eaten but the leafy green tops can be eaten too. You can sauté them with olive oil or cook them into a soup or stock.

