



## PLANT \* GROW

- \* Carrots are easy to grow annuals. (Seeds must be planted annually.)
- \* Carrots grow best in full sun and require well-drained soil.
- \* Plant shorter varieties in rocky or poor soil.
- \* Plant seeds 1/2" deep, 1/2" apart in rows outside 12-24" apart. Water soil lightly.
- \* Seeds take from 7-21 days to emerge.
- \* Before plants are 2" tall, thin plants to 1-4" spacings to reduce competition from neighboring plants. To thin plants, cut rather than pull which reduces disturbance of neighboring carrot plants.
- \* Keep soil around plants weed free until harvest time.
- \* Mulch to keep soil around plants cool and weed-free.
- \* Carrots can be harvested early but are best harvested when orange tops are visibly poking out of ground.
- \* Carrots can tolerate light frost.
- \* For a continuous harvest, plant carrots several times throughout the season from early spring to early fall.

### **Cornell University Home Garden Websites:**

**General gardening:** [www.gardening.cornell.edu/homegardening/](http://www.gardening.cornell.edu/homegardening/)

**Carrot specific:** [www.gardening.cornell.edu/homegardening/scenea765.html](http://www.gardening.cornell.edu/homegardening/scenea765.html)

## ENJOY YOUR CARROTS!

- \* Carrots are an excellent source of Vitamin C, Beta-carotene and Fiber. The human body converts Beta-carotene into Vitamin A which is a crucial vitamin to maintain proper eyesight.
- \* 1/2 cup serving contains just 25 calories and zero fat.
- \* Carrots also contain carotenoids and flavonoids: a class of food components called phytochemicals.
- \* Carrots are about 87% water.
- \* Carrots taste great either raw or cooked.
- \* "Baby" carrots are actually large carrots cut into small pieces.
- \* Carrots are in the Parsley family.

### **Websites For Healthy Eating:**

**USDA:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Cornell University Eat3 Campaign:** [www.eat3.org](http://www.eat3.org)

## PURCHASE

- \* Carrots are harvested from July through December.
- \* New York State carrots are available until mid-April.
- \* At the market, look for carrots that are solid and firm with a bright (usually orange) color.
- \* Avoid carrots that are cracked, shriveled, soft or that have dark spots.

## PRESERVE

- \* Remove leafy tops before storing in refrigerator.
- \* Refrigerate in plastic bag in crisper drawer.
- \* Carrots can store for several weeks with proper refrigeration.
- \* Planted carrots can be stored in the ground until needed; even throughout the winter!
- \* Freezing carrots: Blanch whole carrots in boiling water for 5 minutes and diced or sliced carrots for 2 minutes. Cool in ice bath to stop cooking process. Drain and pack in freezer safe bags or containers.

### **Food Preservation Websites:**

**National Center for Home Food Preservation:** [www.homefoodpreservation.com](http://www.homefoodpreservation.com)

**CCE Herkimer County Food Preservation Resources:** <http://blogs.cce.cornell.edu/herkimer/2009/04/02/food-preservation-resources/>

## RECYCLE \* COMPOST

- \* Disease free carrot scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- \* Vegetable scraps are the "green" additions to your compost.

### **Composting Resources:**

**Cornell Waste Management Institute:** <http://cwmi.css.cornell.edu/resources.htm>

**Composting at Home publication:** <http://cwmi.css.cornell.edu/compostingathome.pdf>