

PREPARE

- * Rinse before preparing. Rub briskly under clean running water.
- * Peel after washing if desired. Young, tender carrots may not need peeling.
- * Add carrots to soup, stew, baked goods and stir fry.
- * Serve raw carrots plain, with dip or add to salad.

RECIPES

Carrot Oven Fries

- 1 pound baby carrots (cut larger ones in half)
- 1 teaspoon vegetable oil
- 1 (0.4-ounce) packet ranch dressing seasoning mix
- vegetable cooking spray

Preheat oven to 400°F. In a large bowl, toss the carrots with oil and ranch dressing seasoning mix until well coated. Spray baking sheet with cooking spray and arrange carrots in a single layer on the sheet. Bake 25-30 minutes or until edges begin to turn brown, turning once to ensure even cooking.

Yield: 4 servings; serving size 1/2 cup (60 calories, 10 grams fat, 0 grams trans fat, 3 gram fiber, 110 mg sodium)

Carrot Confetti Salad

- 2 cups peeled and grated carrot
- 1 cup grated red cabbage
- 2 Tablespoons vinegar
- 2 Tablespoons vegetable oil
- 1/2 teaspoon sugar
- 1/2 teaspoon mustard
- dash of pepper

In large bowl, mix together grated carrots and cabbage. In small bowl, mix together remaining ingredients. Mix dressing with carrots and cabbage.

Yield: 6 servings; serving size 1/2 cup (60 calories, 5grams fat, 0grams transfat, 1 gram fiber, 35 mg sodium)

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Herkimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



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Creating Healthy Places

Carrots



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" spacing's 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:

<http://gardening.cals.cornell.edu/>

Carrot specific:

<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.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fnec.cornell.edu/>

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

CCE Herkimer County Food Preservation

Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/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:

<http://cwmi.ccs.cornell.edu/smallscale.htm>