



Carrots

Sources

Cafeteria

- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- The Visual Food Encyclopedia
- National Nutrient Database, USDA (ndb.nal.usda.gov)
- Can I Grow That Here? Guide, Montana State University Extension (store.msuextension.org/publications/YardandGarden/MT199308AG.pdf)
- "Carrots" Food Fact Sheets, Montana State University Extension (www.msuextension.org/nutrition)
- Developed by: Edward Christensen, Missoula County Public Schools
- Let's Cook: Healthy School Meals, Project Bread (www.projectbread.org/reusable-components/accordions/download-files/school-food-cookbook.pdf)
- Carrot botanical illustration from California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Classroom

- California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)
- The Visual Food Encyclopedia
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- Can I Grow That Here? Guide, Montana State University Extension (store.msuextension.org/publications/YardandGarden/MT199308AG.pdf)
- "Carrots" Food Fact Sheets, Montana State University Extension (www.msuextension.org/nutrition)
- Carrot Salad, Chop Chop Magazine (www.chopchopmag.org/recipes)
- Crispy Carrot Fries, Chop Chop Magazine (www.chopchopmag.org/recipes)
- C is for Carrots, developed by Erin Jackson, FoodCorps Service Member (mtfoodcorps.ncat.org)
- Carrot botanical illustration from California Harvest of the Month (www.harvestofthemonth.cdph.ca.gov)

Home

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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