



The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and 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, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at: mtharvestofthemoth.org

Carrots are excellent eaten raw or cooked. Grate raw carrots for salads, slaw, or to add to sandwiches. Roasted carrots are also fantastic and easy to make. Cut carrots into fries or 1/4 inch - 1/2 inch sections. Toss with olive oil, salt, and desired seasonings. Spread on baking sheet and roast at 400°F for 20-30 minutes or until crisp.

Cooking

Carrots are usually sold without the stems and leaves to reduce moisture loss. If carrots still have tops, avoid carrots with wilted or brown tops. Select carrots that are firm and bright. Larger carrots generally have a tougher texture, but are great for soups and recipes in which the carrots are cooked. Store carrots in the refrigerator in a perforated plastic bag or wrapped in a paper towel for 1-3 weeks. Avoid storing carrots near items that produce ethylene gas like apples or potatoes. Carrots lose moisture through their leafy green tops, so remove the tops before storing.

Buying Tips



Carrots



Carrots



Did You Know

- The carrot is a root vegetable of the Apiaceae family. The edible part of a carrot is known as a taproot.
- Carrots originated in central Asia over a thousand years ago. The original carrots were purple to black in color and much woodier in texture. Europeans started enjoying carrots as a staple food in the 13th century.
- Baby-cut carrots are made from full-grown, thin carrots by peeling and cutting them to the desired size and shape. True baby carrots are harvested early and actually look like miniature carrots.

Nutrition Information

Carrots are well known for containing high amounts of beta carotene, an antioxidant which is a form of vitamin A. Beta carotene is important for eyesight, healthy skin, and growing bodies. It has anti-inflammatory and anti-oxidative properties that may also help reduce chronic diseases such as cancer and heart disease. Beta carotene was first discovered in carrots; therefore its name came from carrots. Carrots are also a source of vitamin C and potassium, and like most vegetables, a source of fiber. The fiber in carrots helps decrease LDL cholesterol levels by helping the cholesterol move out of the body. Fiber also regulates blood sugar and can help with weight loss by making you feel full longer.

Dig Deeper

For recipes, lessons, quick activities, resources, and guides, visit:

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