



Harvest of the Month: Carrots

Video Transcript

Video Available At:

<https://www.youtube.com/watch?v=ANxE-SMrYY&feature=youtu.be>

This month's harvest of the month is carrots. The crunchy carrots we love today were domesticated from wild carrots by people in Central Asia more than one thousand years ago. Originally, carrots were purple to black in color and had a tough, woody texture. Europeans started enjoying carrots as a staple food in the 13th century. Today, carrots grow in many colors, including purple, black, yellow, orange, red, and white. Varieties of this popular root vegetable also range in shape and size, from a round 2-inch carrot to a slender 3-foot carrot! This popular root vegetable tastes sweet and a little earthy. The average person eats 17 pounds of carrots per year!

Carrots grow well in Montana. Planted from a tiny seed, carrots are cold hardy and can be left in the ground for later harvesting. Store harvested carrots in a cool place with the greens removed to keep them fresh through the winter. Carrots are well known for containing high amounts of beta carotene, an antioxidant that is a form of vitamin A. Beta carotene is essential for eyesight, healthy skin, and growing bodies. Beta carotene was derived from the word carrot where the antioxidant was first discovered. Carrots are also a source of vitamin C and potassium, and like most vegetables, a source of fiber.

The USDA MyPlate guidelines recommend eating between 1 to 3 cups of vegetables daily to maintain a healthy and active lifestyle. Carrots are a flavorful and healthy addition to many meals or can be enjoyed on their own. Carrots taste great raw or cooked. Even the green, leafy tops are delicious when cleaned, chopped, and added to soups, salads, and pasta. Let's learn how to make a tasty and nutritious recipe: Crispy Carrot Fries!

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mtharvestofthemonth.org

Carrots are a popular vegetable and great source of many vitamins and minerals. Enjoy Montana carrots all month long. The Montana Harvest of the Month program showcases a different Montana-grown food each month in Montana communities. We hope you'll join us in tasting Montana this month.



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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