

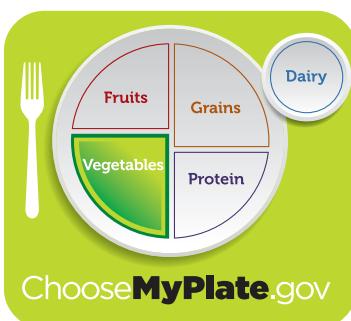
Carrots

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.
- Today carrots come in many colors including purple, black, yellow, orange, red, and white and also range in size from a round 2-inch carrot to a slender 3-foot carrot!
- The average person eats 17 pounds of carrots per year. How many pounds of carrots do you eat?
- 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, skin, and normal growth. It 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.



In the Garden

Plant carrot seeds directly in the garden four weeks before the last frost. Some shorter varieties are suitable to container planting.

Carrot seeds are small and can be difficult for children to evenly space when planting. Seed tape, on which carrot seeds are glued, can be helpful for planting carrots with kids. Carrots are a biennial plant. In the first year, the plant forms the taproot, which we eat, and foliage. In the second year, the plant grows larger foliage, flowers, and seeds. Consider leaving a carrot over winter to see the carrot's interesting flower the second summer.

Selection

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.

Storage

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.

Cooking

Boil or Steam. Slice carrots into 1/4- to 1/2-inch coins and place into steamer or pan of boiling water. Steam or boil about 5-8 minutes or until tender.

Chop. Add chopped carrots to stews, soups, or pot roasts.

Grate. Add raw, grated carrots to green salads, sandwiches, muffins, cookies, meatloaf, meatballs, or spaghetti sauce for added flavor and nutrients.

— Continued on page 4 —



Carrot Pumpkin Muffins

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

| Ingredients | 6 Servings | 25 Servings | Directions |
|-------------------------|-----------------|--------------------|---|
| All purpose white flour | 1/2 cup | 2 cups | |
| Whole wheat flour | 2/3 cup | 2 1/2 cups | |
| Cinnamon | 1 tsp | 1 Tbsp 1 tsp | |
| Nutmeg | 1/4 tsp | 1 1/2 tsp | |
| Baking soda | 1/4 tsp | 1 tsp | |
| Salt | 1/4 tsp | 1 tsp | |
| Whole eggs | 1 egg | 4 eggs | |
| Vegetable oil | 2 Tbsp | 1/2 cup | |
| Applesauce | 1/2 cup | 3 Tbsp | |
| Canned pumpkin | 1 qt 1/8 cup | 2 cups | |
| Light brown sugar | 1/2 cup, packed | 1 1/2 cups, packed | |
| Raw carrots, grated | 1 cup | 4 1/8 cups | <ol style="list-style-type: none"> 1. Combine flour, spices, baking soda, and salt in bowl. 2. In mixing bowl with paddle attachment, beat oil, applesauce, pumpkin, sugar, and eggs. Beat for approximately 3 minutes, scraping down bowl as necessary. 3. Add the flour mixture to the pumpkin applesauce mixture, and continue to blend for 2 minutes. Fold in grated carrots. 4. Spoon into muffin baking papers until about 3/4 full. Bake in preheated 325°F oven for about 35 minutes (be sure to continually check by inserting a toothpick into the center of a muffin- when it comes out clean, the muffin will be done). |

Serving Size 1 muffin

Pan Size Standard muffin pan

Yield 6, 25 servings

Oven Temperature &
Baking Time:

Temperature 350°F
Conventional 35

Temperature 300°F
Convection 35

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides:

- 1 oz grain
- 1/4 cup red/orange vegetable

Nutrition Analysis : Serving Size: 1 muffin

| | | | | | |
|--------------|------------------|----------------|-----------------------------|---------------|-------------------|
| <u>199</u> | Calories (kcal) | <u>1.01</u> | Saturated Fat (g) | <u>1.62</u> | Iron (mg) |
| <u>4.23</u> | Protein (g) | <u>23.36%</u> | Calories from Total Fat (%) | <u>59.96</u> | Calcium (mg) |
| <u>34.62</u> | Carbohydrate (g) | <u>6243.08</u> | Vitamin A (IU) | <u>222.17</u> | Sodium (mg) |
| <u>5.59</u> | Total Fat (g) | <u>1.96</u> | Vitamin C (mg) | <u>3.18</u> | Dietary Fiber (g) |

Notes:

Developed by: Edward Christensen, Missoula, Montana County Public Schools

Lemon Roasted Carrots

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

| Ingredients | 6 Servings | 25 Servings | Directions |
|-----------------------|------------|-------------|------------|
| Frozen sliced carrots | 6 1/2 cups | 7 1/2 lbs | |
| Vegetable oil | 2 1/2 Tbsp | 2/3 cup | |
| Lemon juice | 2 1/2 Tbsp | 2/3 cup | |
| Salt | 1/2 tsp | 1 1/2 tsp | |
| Black pepper | 1/4 tsp | 1 1/4 tsp | |

| | | | | | |
|---------------------------------|--------------|----------------------|---------------|----------------------|----------------|
| Serving Size | 3/4 cup | Pan Size | Sheet pan | Yield | 6, 25 servings |
| Oven Temperature & Baking Time: | Conventional | Temperature 400°F | Minutes 20 | Temperature 375°F | Minutes 20 |

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 3/4 cup red/orange vegetable

Nutrition Analysis : Serving Size: 3/4 cup

| | | | | | |
|-------|------------------|----------|-----------------------------|--------|-------------------|
| 99 | Calories (kcal) | .86 | Saturated Fat (g) | .63 | Iron (mg) |
| 1.11 | Protein (g) | 55.18% | Calories from Total Fat (%) | 50.73 | Calcium (mg) |
| 11.42 | Carbohydrate (g) | 19644.90 | Vitamin A (IU) | 233.62 | Sodium (mg) |
| 6.09 | Total Fat (g) | 5.82 | Vitamin C (mg) | 4.61 | Dietary Fiber (g) |

Notes:

Processing and freezing carrots is a great way to preserve summer bounty for winter months. Consult with your county sanitarian before preserving any foods.

Source: Project Bread (www.projectbread.org/children-and-schools)

Microwave. Slice carrots into 1/4-1/2 inch coins and place in a microwaveable dish with three tablespoons of water. Cover with plastic wrap and microwave on high for 4-5 minutes or until tender.

Preserve. For information on preserving carrots, look for MontGuides: Drying Vegetables; Freezing Vegetables; and Home Canning Pressures and Processing Times. Visit <https://nutrition.msuextension.org/> and click on the food preservation link or contact your Extension office.

Raw. Rinse, peel, and eat carrots whole or cut into carrot sticks to enjoy plain or with a low-fat dip or hummus.

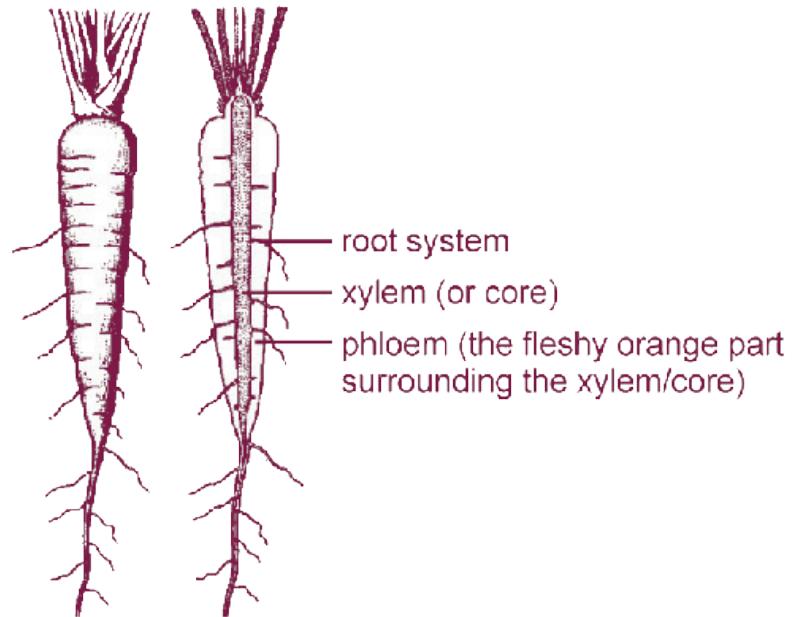
Roast. Chop carrots into 1/4-1/2 inch sections, place in plastic bag and shake with olive oil and desired seasonings. Spread on baking sheet and roast at 400°F for 20-30 minutes or until crisp. Roast with other vegetables, such as potatoes, broccoli, asparagus or cauliflower.

Season. To enhance flavor, season with allspice, basil, caraway seed, cloves, cinnamon, curry powder, dill weed, ginger, marjoram, nutmeg, tarragon, or thyme.

Adapted from the Carrot Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit: <https://nutrition.msuextension.org/>.

Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.



4 Montana Harvest of the Month: Carrots



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: mtharvestofthemonth.org

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