

CARROT



CARROTS are members of the parsley family and come in different shapes and colors. Small round carrots are called Thumbelina or Planet. Look for red, yellow, purple, and even white varieties from your farmer. Carrots are available in the Northeast region in the summer and fall. Small, tender carrots are available in the summer and larger, more mature carrots are harvested in the fall. Larger carrots can also be stored in the winter for use year round.

STORAGE

- ◆ **Trim leafy greens to 1/2 an inch** from the top of the carrot. If you don't, leaves will absorb water from the root and make the carrots soften quickly.
- ◆ **Store carrots and leaves separately** in damp cloth or paper towels in the refrigerator drawer. Carrots may keep for 2 months stored this way. The leaves will keep for a few days.
- ◆ **To freeze**, slice or julienne carrots and blanch in boiling water for 5 minutes. Cool, drain, pack in a hard plastic container, and freeze.

PREPARATION

- ◆ Carrots should be scrubbed well. Use a brush to remove all the dirt.
- ◆ Peeling is only necessary for removing damaged areas. Vitamin A and trace minerals lie close to the surface so peeling may remove these nutrients.
- ◆ **Raw carrots are delicious** and make an excellent addition to a veggie tray, a salad, or as a snack.
- ◆ Juicing makes a **nutritious drink**.
- ◆ Carrots can also be **cooked in a variety of ways**—steamed, boiled, stir-fried, baked, or sautéed. Use as a wonderful addition to **stews, soups**, even **cakes** and **muffins**.
- ◆ Fresh carrot greens can be chopped into a green salad, thrown into a stir-fry, or dried and used as an herb like parsley.

Nutritional Information

Carrots are an excellent source of Vitamin A. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Carrot Recipes

Carrots in Lime Butter Sauce

- 2 Tablespoons butter
- 2 green onions, chopped
- 1 pound carrots, cut into 1/2 inch chunks
- Grated zest of 1 lime (the green part of the rind)
- Juice of 1 lime (about 2 Tablespoons)
- Salt and pepper to taste
- 2 Tablespoons parsley, chopped



In a large skillet, melt butter. Add chopped green onions and carrots. Sauté for 2-3 minutes. Add the lime zest and juice and cook until the carrots are tender-crisp. Add salt and pepper to taste, and serve.

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Carrot and Onion Stir-Fry

- 1 Tablespoon vegetable oil
- 3 carrots, washed, peeled and thinly sliced
- 1 onion, chopped
- 1 clove garlic, minced (optional)
- 2 Tablespoons water
- 2 teaspoons Worcestershire sauce
- Chopped parsley or basil for topping



Heat the oil over medium heat in a fry pan or skillet. Add onions, carrots and garlic. Stir fry until the onions are clear. Add water and Worcestershire sauce. Cover and cook slowly until carrots are just tender. Top with parsley or basil, if you like.

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Linda's Carrot Cake

Wet ingredients

- 1 1/3 cups vegetable oil
- 2 cups sugar
- 2 large bunches of carrots, washed, peeled and grated (can use a food processor if you desire)
- 4 large eggs
- 2 teaspoons vanilla extract (optional)

Dry ingredients:

- 3 cups all-purpose flour
- 2 1/2 teaspoons ground cinnamon
- 4 teaspoons baking powder
- 1 teaspoon baking soda

Frosting:

- 1 1/2 pounds cream cheese, 3/8 cup honey, 1 Tablespoon vanilla extract or lemon or orange juice.



Preheat oven to 350 degrees. Grease a large pan. In a large mixing bowl, mix the oil and sugar. Add the grated carrots and eggs and mix. In another bowl, combine the dry ingredients. Then add the dry ingredients to the wet ones and mix. Pour the cake batter into the pan and bake for 1 to 1-1/2 hours or until a toothpick inserted in the center comes out clean. For the frosting, beat all ingredients together until smooth. Wait until the cake is completely cooled before frosting.

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