Nutrition Info
One cup of carrots has 52 calories.
Carrots provide vitamins A & C and fiber.

Fun Facts
Carrots were originally grown as medicine and not food.

Despite what you see in cartoons, hares, which are wild rabbits, do not eat carrots.

Carrot varieties grown in the US are usually orange, but can also be yellow, white, red, and purple.

Uses
Carrots are a great addition to stir fries, cakes, quick breads, soups, coleslaws, casseroles, and side salads.

Add shredded carrots to your raw beef or turkey before making burgers.

Family Friendly Activities
Cook carrots and conduct a taste test using several different seasonings such as ginger, parsley, garlic and honey.

Ask your child to compare the texture, size, color, taste and shape of carrots to other vegetables.

Farm2School Updates
The Harvest of the Month Calendar for the spring semester is confirmed! Here is a sneak peek at what you will see in 2017:

January – Eggs
February – Mushrooms
March – Winter squash
April – Edamame
May – Garlic
June – Strawberries
Rainbow Roasted Roots
Serves 10 (1/2 cup per serving)

Ingredients:
1 pound carrots (scrubbed and sliced)
1 pound sweet potatoes (scrubbed and cubed)
1 pound potatoes (scrubbed and cubed)
1 pound beets (peeled and cubed)
2 Tbsp. olive oil
1/2 tsp. salt
1/4 tsp. pepper

Directions:
Preheat oven to 400 degrees. In a medium bowl mix all ingredients. Place mixture onto a sheet pan and roast for 25-35 minutes or until vegetables are tender and lightly browned. Add onion, garlic or other veggies for a twist!

For more information on Farm2School visit www.laxf2s.org