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, 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
Create carrot snowmen by covering three mini bagels with plain light cream cheese. Use raisins and slices of carrot to make a face, hat, arms and buttons!

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.

Pick:
• Choose firm, bright carrots without cracks that look slightly moist.
• Large carrots with the greens attached will have the sweetest flavor.

Store:
• Remove the greens from carrots and store tightly sealed in a plastic bag in refrigerator for up to two weeks.

Prepare:
• The peel of the carrot is edible; gently scrub and rinse carrots prior to eating.
• Enjoy carrots raw or cooked by microwaving, steaming, sautéing, roasting or baking.
Roasted Root Vegetables
Serves 10 (1/2 cup per serving)

Ingredients:
1 1/2 pounds carrots (scrubbed and sliced)
1 1/2 pounds parsnips (peeled and sliced)
1 1/2 pounds potatoes (scrubbed and chopped)
2 Tbsp. olive oil
1/2 tsp. salt
1/4 tsp. pepper

Directions:
Preheat oven to 375 degrees. In a medium bowl mix all ingredients. Place mixture onto a sheet pan and roast for 15-25 minutes or until vegetables are tender and lightly browned. Add onion, garlic or other veggies for a twist!

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