

# Harvest of the Month



January



Carrots



## 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.

## 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.

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## Nutrition Facts

Serving Size 1/2 cup (207g)  
Servings Per Container 10

Amount Per Serving

Calories 150    Calories from Fat 30

% Daily Value\*

Total Fat 3g    5%

Saturated Fat 0g    0%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 180mg    8%

Total Carbohydrate 29g    10%

Dietary Fiber 7g    28%

Sugars 7g

Protein 3g

Vitamin A 230%    •    Vitamin C 50%

Calcium 6%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

## 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!

For more information on Farm2School & Foot Steps to Health visit [www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org!)

Color  
Carrots!

