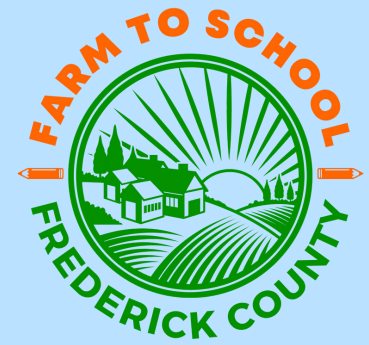
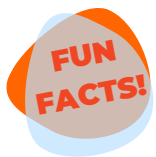


HARVEST OF THE MONTH

F2SFREDERICK.ORG



CARROTS



Carrots are a colorful root vegetable that comes in many colors other than orange, like white, purple, and red. Did you know that carrot leaves are also edible? Carrots leaves can be used in seasonal spring and summer recipes, like pesto and chimichurri. Sow seeds in the spring or fall months for the best tasting carrots!

NOTABLE NUTRITION

Carrots are a good dietary source of:

Beta-carotene, Vitamin A's precursor. Our bodies are able to convert beta-carotene, into Vitamin A. Most people know Vitamin A keeps our eyes healthy, but Vitamin A is also important for a healthy immune system! Beta-carotene is what gives carrots their orange color?

Dietary Fiber. Foods high in fiber are whole grains, fruits, and vegetables. Fiber helps control blood sugar, improves cholesterol levels, and is good for gut health.

READING ROOM

- 1 "Plant Secrets" by Emily Goodman; Grades K-2. Available at Frederick County School Libraries.
- 2 "Tops and Bottoms" by Janet Stevens; Grades 3-5; For programs working with MD SNAP-Ed, books can be acquired through a MD SNAP-Ed educator.

HOMEGROWN VARIETIES

Types of carrots grown in the Mid-Atlantic region:
Chantenay, Imperator, Danvers, Nantes, and Miniature or Oxheart



LINK TO LEARNING!

Observational Drawings of Plants Activity

In the garden, students complete an observational drawing of a plant. Ask students to label each plant part they drew, and to circle the part of the plant we eat.

Visit [FRESHFARM FoodPrints website](#) for the FREE [Edible Plant Parts](#) lesson (Grades K-2).

Meets National Standards:
NGSS: 1-LS1-1
Common Core ELA: SL.1.3, W.1.8

NAME _____ DATE _____

OBSERVATIONAL DRAWING WORKSHEET

Instructions: Draw a detailed, realistic picture of a plant in the garden. Write a title with the name of the plant, label each part of the plant, and circle the part(s) of the plant we usually eat.



Growing at Home Activity

Share this video with families, so that kids can learn how to regrow a carrot plant from a carrot stem.

Visit the University of Maryland Extension SNAP-Ed program [Teacher Toolkit](#) for the FREE "Feed the Soil" lesson in the Growing Healthy Habits curriculum; (Grades 3-5)

Meets National Standards:
Specific curriculum objectives not provided.

Regrow Carrots from Carrot Top



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS

14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS