

# HARVEST OF THE MONTH

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## 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

### PICK, STORE, PREPARE

Choose carrots that feel firm and are intense in color. Deep cracks in a carrot may indicate a loss of flavor and texture.

Raw, whole carrots last from three to four weeks if placed in a plastic bag within your refrigerator's crisper.

Carrots taste great either raw or cooked! Try shaved carrot salads or roasting them with fresh spring herbs like tarragon. Diced carrots are also a great addition to tomato sauces for an extra vegetable boost!



## LET'S EAT!

Have your child taste different dips with raw carrots and vote on their favorite.

Run an at-home “Parts of the Plant” tasting with your child. Offer lettuce leaves, carrots, and bell peppers to your child and have them choose which they like best: the leaf, root, or fruit!

## MYPLATE RECIPE

### Carrot Raisin Salad

Makes: 4 servings Preparation Time: 10 minutes

#### Ingredients:

- 4 carrots (medium, peeled and grated)
- 1/4 cup raisins
- 2 teaspoons sugar
- 1 lemon, juiced

#### Directions:

1. Wash hands with soap and water.
2. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
3. Serve chilled



## 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