



COMMUNITY NEWSLETTER

CARROTS



Carrots are root vegetables that grow underground. They are part of the Apiaceae family. Carrots are native to Persia, or modern day Afghanistan and Iran. Carrots were brought across Southwest Asia and the Eastern Mediterranean regions and arrived in China, Europe, and Japan between the 12th and 13th centuries. European colonists brought carrots to North America in the 17th century. They are one of the world's most popular vegetables. Carrots taste sweet, have a crunchy texture, and soften when cooked. Carrots are good raw, juiced, steamed, roasted, boiled, and baked.

They are used in salads, soups, stews, and desserts. Michigan carrots are harvested from July through November.



CARROTS ARE

- An excellent source of vitamin A. Vitamin A plays an important role in the healing process and eye health.
- A source of vitamin C*. Vitamin C is important to the body's tissues and supports a healthy immune system.
- A source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.
- A source of potassium. Potassium helps maintain healthy blood pressure.

**Foods that are high in vitamin C, calcium, and/or iron can help protect you from lead absorption.*

MICHIGAN MADE

Michigan is the fourth largest producer of carrots in the nation. Michigan farmers grow over 150 million pounds of carrots each year. Growers in Newaygo and Oceana counties produce the most carrots in Michigan. Popular carrot varieties include Chantenay, Danvers, and Nantes.



FUN FACTS

- Carrots are the second most popular vegetable in the world after potatoes.
- All parts of the carrot are edible.
- Carrots come in many colors such as white, yellow, orange, red, light purple, and deep violet.
- Baby carrots are just large carrots cut into small pieces and packaged for easy snacking.
- Chewing raw carrots helps hydrate your mouth and clean your teeth and gums.
- Carrot seeds are tiny. One teaspoon holds close to 2000 carrot seeds.
- The wildflower Queen Anne's Lace is a cousin to the wild carrot.
- Since 1948, the farming community of Holtville, California has hosted an annual Carrot Festival and is known as the "Carrot Capital of the World."

BUYING AND STORING

- Select fresh carrots that are firm and smooth with an even color. Avoid carrots that are nicked, bruised, wrinkled, or soft.
- To help fresh carrots keep their crunch, store in the coolest part of the refrigerator in an airtight container, greens removed, away from apples.
- Store fresh carrots in the refrigerator in a plastic bag or wrap for up to two weeks.
- Store cooked or blanched carrots in an airtight container to keep up to three to five days in the refrigerator or up to twelve months in the freezer.

MORE THAN FRESH

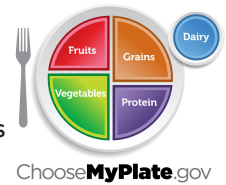
In addition to fresh, carrots are available frozen, canned, or juiced. When buying packaged carrots, read labels and choose carrots that are low sodium (salt) with low or no added sugar, and carrot juice that is 100% juice. Always choose pasteurized carrot juice over unpasteurized. Unpasteurized juice can contain harmful bacteria.



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EAT WITH MYPLATE

MyPlate focuses on whole grains, lean protein, low fat dairy, and half the plate being fruits and vegetables. Carrots are part of the MyPlate Vegetable group. Most people need 2–3 cups of vegetables per day. Two medium carrots, chopped, equals 1 cup. For more information visit: myplate.gov.



IT ALL COUNTS

Fresh, frozen, canned, dried, and 100% vegetable and fruit juices count toward your daily MyPlate goals.

EASY CARROT FRIES

Time: 20–30 minutes | Makes: 4 servings | Serving Size: 10–15 carrot fries

Nutrition Information Per Serving: Calories 45, Carbohydrate 6g, Dietary Fiber 2g, Protein 1g, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 116mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.



INGREDIENTS

- 4 large carrots, washed, peeled, and cut into ¼ to ½-inch wide sticks
- ⅔ teaspoon kosher salt
- 2–3 teaspoons olive oil or cooking oil
- ¼ teaspoon pepper

INSTRUCTIONS

1. Preheat oven to 400 F.
2. Place the carrots on a baking sheet with a rim. Drizzle with oil. Rub the carrots with oil until coated and shiny. Sprinkle with salt and pepper.
3. Roast in the oven until carrots begin to soften and brown, about 5–10 minutes. Flip the carrots over and continue roasting 5–10 minutes more. Remove from oven and serve hot.

CHANGE IT UP

- Add spices, such as dried dill weed, garlic powder, or za’atar.
- Try this recipe with other root vegetables like parsnips, turnips, or rutabagas.

TRY THIS

- Add sliced or grated carrots to a salad or stir fry.
- Smash roasted carrots into hummus.
- Add thin sliced or shredded carrots to wraps and sandwiches.
- Add grated carrots, chopped walnuts, and a dash of cinnamon to oatmeal.
- Boil or steam carrots until soft, chill, and add to smoothies.
- Use fresh carrot greens in soups.

