



# Carrots

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# What's So Great about Carrots?



## **Nutrient-Rich**

Carrots are an excellent source of beta-carotene, Vitamin A and Vitamin K. Carrots are high in fiber. Carrots are also a good source of potassium.

## **Always Available**

Carrots are always available fresh. Carrots are healthy fresh, frozen or canned.

## **Many Uses**

Carrots have a sweet taste. They can be eaten raw or cooked. Raw carrots can be eaten in salads or as an appetizer or snack. Carrots can be boiled, baked, or microwaved. Carrots can be put into soups, stews, casseroles, cakes and quick breads.



## **Did You Know?**

Carrots have more beta-carotene than any other fruit or vegetable. The liver converts beta carotene into Vitamin A. Vitamin A strengthens the immune system, helps keep the skin, eyes, lungs, and intestinal tract in order. Vitamin A promotes healthy cell growth.

One medium carrot provides almost double the vitamin A your body needs each day.

## Selecting and Storing Carrots

Carrots are available year round. Most are sold when young, tender, and mild flavored. Larger carrots are packed separately and used for cooking or shredding.

**Look for:** Crisp, firm, small to medium carrots. Dark orange carrots have more vitamin A. If tops are attached, they should be fresh and green.



**Avoid:** Carrots with large green areas at the top. Avoid carrots that are flabby from wilting or show spots of soft rot. Avoid carrots that are wilted.

**Storage:** Remove any greens attached to the carrots before storing. Refrigerate in produce drawer for up to 2 weeks. Don't store carrots together with apples or pears. It will make the carrots have a bitter flavor.

# Varieties of Carrots

There are several varieties of carrots, but most often we see two kinds. The most common kinds of carrots are:

## << **Imperator**

Long, thin, tapered carrots that are a rich orange color. The different varieties range in length from 8 to 11 inches. Imperators are the type of carrots most often found fresh in food stores. They are also used to produce mini-peeled carrots.

## **Mini-Peeled Carrots** >>

Mini-peeled carrots are most often labeled as baby carrots. They are not true baby carrots. Minipeeled carrots are actually a long, thin variety of carrot. This variety is grown close together. Minipeeled carrots grow faster than other varieties. After being harvested, the carrots are washed and cut into 2-inch pieces. The carrots are then sent through cutters and peelers to shape and polish them. Mini-peeled carrots are convenient. You do not have to cut and peel them before using.



# Preparation Tips

Although bagged carrots usually look clean, bacteria from the soil may be still on the surface. Be sure to scrub carrots with a vegetable brush under running water, or peel them. Rinse thoroughly.

**Blanching.** Blanching helps to preserve color and nutrients. Blanching makes carrots a bit less crunchy and easier to eat. Bring a large pot of water to a boil and drop in the carrots. When



the water returns to a boil, cook the carrots briefly. Drain, then cool the carrots under cold running water. Cooking time is 3 to 4 minutes.

**Baking.** When baking or roasting other foods (such as pot roast, fish or potatoes), place whole carrots in a shallow baking dish with a little olive oil, broth, or water and 2 unpeeled garlic cloves. Cover and bake them at the same time. Cooking time is 40 to 45 minutes in a 350° oven.

**Steaming.** Place the carrots in 1" or less water or other liquid (orange juice or chicken broth will work) in a heavy pan with a tight-fitting lid. The liquid should be completely absorbed by the end of cooking time. You can also use a con-

ventional vegetable steamer. Cook until just tender for serving as is. To mash or purée the carrots, cook until fully tender. Cooking time for whole carrots is 5 to 8 minutes. Cooking time for slices is 3 to 4 minutes.

**Microwaving.** Place 1 pound of carrots, cut into 1" pieces, in a covered microwavable dish with 2 tablespoons of liquid. Fruit juice, such as orange or apple juice, or broth, can be used instead of water as the cooking liquid. Cooking time is 4 to 6 minutes.



# Fitting Carrots into MyPyramid

The **GREEN** triangle of MyPyramid is the vegetable section. Vegetables may be raw or cooked, fresh, frozen, or canned. Age, gender, and level of physical activity determine the daily vegetable need. For a 2000 calorie diet, it is recommended having about 2½ cups of vegetables daily.

On MyPyramid, carrots are an orange vegetable. For a 2000 calorie diet, at least 2 cups of orange vegetables are recommended per week. That's about ¼ cup per day! For more information on vegetable serving sizes visit [www.mypyramid.gov](http://www.mypyramid.gov).



## Nutrition Facts

### 1 cup raw Carrots

Serving Size 1 cup, chopped 128g (128g)  
Servings Per Container 1

Amount Per Serving		% Daily Value*	
<b>Calories</b>	52	Calories from Fat	3
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	88mg		4%
<b>Total Carbohydrate</b>	12g		4%
Dietary Fiber	4g		14%
Sugars	6g		
<b>Protein</b>	1g		
Vitamin A	430%	Vitamin C	13%
Calcium	4%	Iron	2%

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

NutritionData.com

## Recipe Collection

### Carrot Cookies

Serves 30

#### INGREDIENTS

- 1/2 cup soft margarine
- 1 cup honey\*
- 1 cup grated raw carrots
- 2 well beaten egg whites
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 2 cups raw oatmeal, quick cooking
- 1 cup raisins

#### INSTRUCTIONS

1. In a large bowl, cream together margarine and honey\*. Stir in grated carrots and egg whites.
2. In a separate bowl, stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins.
3. Gradually stir flour/oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix.
4. Using a teaspoon, drop onto a greased baking sheet. Flatten slightly and bake at 350°F for 10 minutes, or until lightly browned.

\*Note: Instead of honey, you can use 1 1/4 cups sugar mixed with 1/4 cup water.

Estimated cost: Per Recipe: \$ 4.46  
Per Serving: \$ 0.15

## Nutrition Facts

### Cookies

Serving Size (41g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b>	130	Calories from Fat	30
<b>Total Fat</b>	3.5g		5%
Saturated Fat	0.5g		3%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	95mg		4%
<b>Total Carbohydrate</b>	24g		8%
Dietary Fiber	1g		4%
Sugars	13g		
<b>Protein</b>	2g		

Vitamin A 10% • Vitamin C 0%  
Calcium 2% • Iron 4%

\*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



# Recipe Collection

## Carrot Salad

Serves 4

### INGREDIENTS

4 medium carrots  
1/4 cup raisins  
2 teaspoons sugar  
1 lemon, juiced

### INSTRUCTIONS

1. Peel and grate carrots.
2. Juice one lemon.
3. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
4. Serve chilled.

Estimated Cost: Per Recipe: \$ 0.82

Per Serving: \$ 0.21

## Glazed Carrots

Makes 6 servings

### INGREDIENTS

2 Tablespoons margarine  
1 1/2 pounds carrots  
1 cup water  
1/4 teaspoon pepper  
2 teaspoons sugar  
Estimated Cost:

Per Recipe: \$ 1.51

Per Serving: \$ 0.25

### INSTRUCTIONS

1. Peel the carrots. Cut in half length-wise. Then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.



7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for about 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

## Nutrition Facts

### Coleslaw

Serving Size (85g)		Servings Per Container	
Amount Per Serving			
Calories 70	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 17g			6%
Dietary Fiber 2g			8%
Sugars 13g			
Protein 1g			
Vitamin A 340% • Vitamin C 20%			
Calcium 2% • Iron 2%			
*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			

## Nutrition Facts

### 1 cup Glazed Carrots

Serving Size (156g)		Servings Per Container	
Amount Per Serving			
Calories 90	Calories from Fat 35		
% Daily Value*			
Total Fat 4.0g			6%
Saturated Fat 0.5g			3%
Cholesterol 0mg			0%
Sodium 220mg			9%
Total Carbohydrate 12g			4%
Dietary Fiber 3g			12%
Sugars 7g			
Protein 1g			
Vitamin A 280% • Vitamin C 10%			
Calcium 4% • Iron 2%			
*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			

# Grow Your Own Carrots

Although carrots can endure summer heat in many areas, they grow best when planted in early spring.

They may be planted earlier in gardens with sandy soil. The soil should be plowed and prepared to a depth of 8 to 9 inches. Plant seeds 1/4 to 1/2 inch deep (no more than two or three seeds per inch) in early spring. Space rows 12 to 18 inches apart.

Young carrot seedlings are weak and grow slowly. Keep weeds under control for the first few weeks.

Carrots can be harvested or “pulled” when the roots are at least 3/4 inch in diameter. This is about 60 to 70 days after planting. Under usual conditions, carrot tops may not be strong enough to be pulled. Instead, dig around the root to remove the carrots without damage. Carrots may be harvested over a 3 to 4 week period.

For more information, contact your local Cooperative Extension Educator in the phone book or at <http://www.extension.psu.edu/>



## ACTIVITY ALLEY

# Carrots Coloring Activity



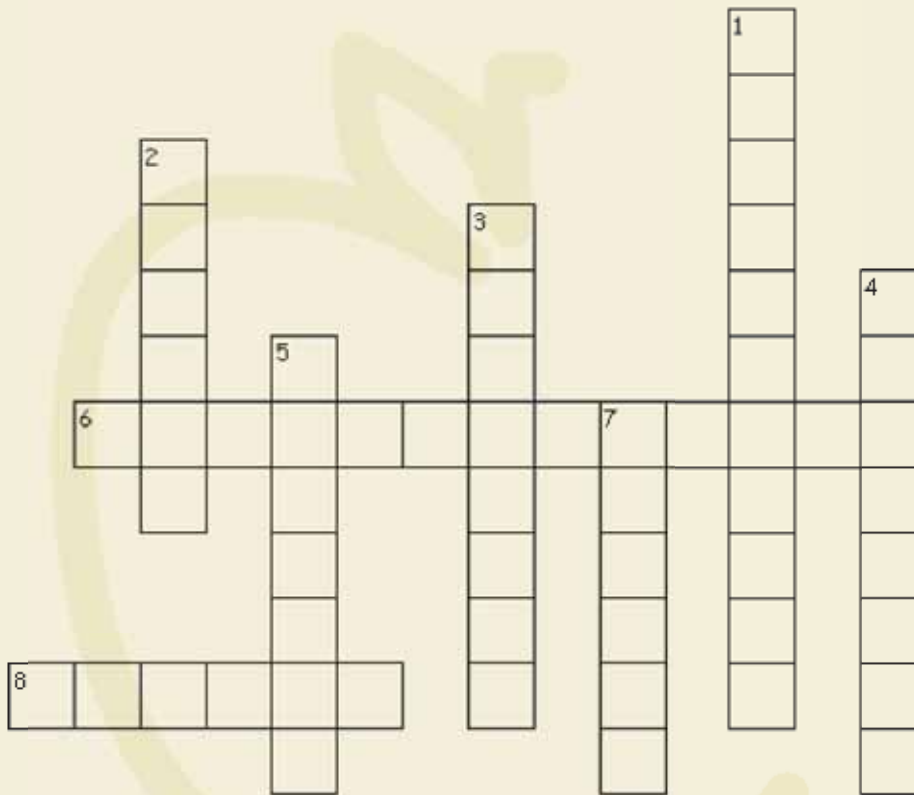
**Directions:** Color the carrot below. Draw some other vegetables that you like to eat with carrots.



## ACTIVITY ALLEY

# Carrots Crossword Puzzle

**Directions:** Answer the clues to test how much you know about carrots.



### Across

6. Carrots are an excellent source of this nutrient. Carrots have more \_\_\_\_\_ than any other fruit or vegetable. \_\_\_\_\_. \_\_\_\_\_ helps strengthen the immune system, helps keep the skin, eyes, lungs, and intestinal track in order.
8. Don't store carrots together with apples or pears. It will make the carrots have a \_\_\_\_\_ flavor.

### Down

1. \_\_\_\_\_ carrots are most often labeled as baby carrots. These are not true baby carrots. \_\_\_\_\_ carrots are actually a long, thin variety of carrot cut and peeled for easy eating.
2. Carrots are more nutritious \_\_\_\_\_ than raw.
3. Dark orange carrots have more \_\_\_\_\_.
4. Carrots are \_\_\_\_\_, meaning they have a 2-year life cycle.
5. The carrot is a member of the \_\_\_\_\_ family.
7. On MyPyramid, carrots are an \_\_\_\_\_ vegetable. For a 2000 calorie diet, at least 2 cups of orange vegetables are recommended per week. That's about  $\frac{1}{4}$  cup per day!

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