



Carrots

Growing and Harvest Information

Plant your carrots after the last frost in a sandy and well-drained soil. Seeds should be planted about a ½ inch deep and 1-2 inches apart. When the plants are 4 inches high, thin the plants to 2 inches apart.

Look at your seed packet to know when to harvest your carrots. Mature carrots are usually ready in about 75 days. Do not grab and pull hard on the foliage. Most carrots are ready to harvest when the shoulders are 1/2 to 3/4 inch in diameter.

Introduction

Carrots, now a popular vegetable around the world, was first cultivated around Afghanistan in 900 AD. Soon, carrots spread to surrounding areas and by the 1300s it was held in Northern European gardens and dishes in China.

Preparation & Storage

Storage:

- Remove the greens as soon as possible because they draw away moisture from the root. Tightly seal unwashed carrots in a plastic bag in the coolest part of the refrigerator.

Freezing:

- Remove tops, wash, and peel carrots. Leave small carrots whole. Cut others into thin slices or strips.
- Blanch carrots by boiling it in a large pot of water, one gallon of water per pound of carrots, for 2-5 minutes.
- Drain, cool, and place in plastic containers, leaving 1/2 inch of head space.
- Seal and freeze as soon as possible.

Canning:

- Select smaller carrots, preferably 1 to 1 1/4" in diameter. (Large carrots are often too fibrous)
- Wash, peel, and rewash carrots. Slice or dice carrots before canning.
- Make sure to use a pressure canner and follow correct processing times. The National Center for Home Food Preservation is a good resource for instruction:
https://nchfp.uga.edu/how/can_04/carrots_sliced.html

Nutritional Benefits

Source	Rating
Vitamins	EXCELLENT
Mineral	MODERATE
Fiber	GOOD

Use By Guide

Fruit State	Use by
Raw	10 days
Freezing	9 months
Canned	1 year



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Fun Fact:

Carrots contain beta-carotene which gives it a yellow-orange pigment and helps us with eyesight and our immune system.

Prepare Carrots Like This:

Baked	Raw
Boiled	Roasted
Grilled	Sauteed
Microwaved	Slow-
Pickled	Cooked
	Steamed

Try Carrots In:

Soups
Cake
Jelly
Dip
Salad
Salsa

Preparation

Recipe 1: Carrot and Lentil Soup

Ingredients

- 4 large carrots
- 4 oz. lentils
- 1 large onion
- 1 large can of tomatoes (400g)
- 2 pints of vegetable stock

Directions

1. *Chop the onion into medium sized pieces and place into a saucepan. Fry the onions until they are soft and translucent.*
2. *Add the carrots and a little stock to wet them. When the carrots are warmed through, add all the stock and bring to a boil.*
3. *Turn the heat down to a simmer and add the lentils. Cover with a lid and leave to simmer for 15 minutes.*
4. *Using a hand blender, blend the soup in the saucepan and add any extra liquid (water or stock) to the thickness you want.*
5. *Add the can of tomatoes and carry on blending until you have a smooth orange soup.*

Recipe 2: Carrot Squash Biscuits

Ingredients

- 4 oz. grated fresh carrots
- 10 oz. grated squash
- 3 tbsp soft butter
- 2 tbsp chopped parsley
- 1 tsp thyme
- 12 oz biscuit mix
- 3 tbs milk

Directions

1. *Preheat oven to 425.*
2. *Blend carrots, squash, butter and thyme in bowl.*
3. *Add biscuit mix and mix until is blended in. Add milk if necessary to get a sticky dough.*
4. *Drop rounded tablespoons of the mixture onto lightly oiled baking sheets into 18 portions. Sprinkle with parsley.*
5. *Bake for 14-16 minutes until golden brown.*