



# CARROTS

## IN THE CAFETERIA

*New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.*

[www.nhharvestofthemonth.org](http://www.nhharvestofthemonth.org)



### Benefits

Carrots are rich in vitamin A and can supply over 100% of the recommended daily value in just one serving! They also contain vitamin B6, vitamin K, and modest amounts of other essential nutrients.

### Kid-friendly Eating Tips

- Add shredded carrots to any salad.
- Bake with carrots! They can be used as a main ingredient in cakes, muffins, and cookies.
- Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries.

### Selection Tip

Always choose carrots that are brightly colored and feel firm. Avoid carrots that feel limp or are sprouting.

### Tidbit

Carrots are root vegetables that are crisp in texture and vary in color from orange to white, purple or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews.

### Mini-activities

- Taste-test carrots of different varieties and colors.
- Practice shredding carrots! Allow students to take turns shredding a carrot and remind them that carrots can be eaten in many different forms.

### Storage Tips

- Trim off greens before storing carrots.
- Carrots store well in the fridge and can last for about one to three weeks. To keep them even longer, wrap the carrots in a paper towel to protect them from condensation.
- Don't store carrots near fruits or vegetables such as apples, pears, or potatoes. The ethylene gas that these foods give off will cause carrots to go bad quickly and become bitter.
- Carrots can be blanched and frozen for up to one year.

### Cooking Tips

- Before use, be sure to wash carrots well. There is no need to peel unless the skin looks aged.
- If you choose to peel your carrots, save the peels to simmer in stock.
- Avoid overcooking carrots in order to preserve the flavor and nutritional value.
- The taproot of the carrot is the part we commonly eat, however, the leafy green tops are also edible. Saute them in olive oil or add to a soup or stock.