

# Harvest of the Month



## Pick:

- Choose firm, bright carrots without cracks that look slightly moist.
- Large carrots with the greens attached will have the sweetest flavor.

## Store:

- Remove the greens from carrots and discard (or cook them as you do your favorite greens). Store carrots tightly sealed in a plastic bag in refrigerator.

## Prepare:

- The peel of the carrot is edible; gently scrub and rinse carrots prior to eating or peel if desired.
- Enjoy carrots raw or cooked by microwaving, steaming, sautéing, roasting or baking.

**April**



**Carrots**

## Nutrition Info

One cup of carrots has 52 calories.

Carrots provide vitamins A & C and fiber.

## Fun Facts

Carrots were originally grown as medicine and not food.

Despite what you see in cartoons, hares, also known as wild rabbits, do not eat carrots.

Carrot varieties grown in the US are usually orange, but can also be yellow, white, red, and purple.

## Uses

Carrots are a great addition to stirfrys, cakes, quick breads, soups, coleslaws, casseroles, and side salads.

Add shredded carrots to your raw beef or turkey before making burgers.

## Family Friendly Activities

Carrots are a kid favorite! Have your children help plan and prepare a meal featuring carrots cooked several ways. Try raw carrots with a dip, roasted carrots sprinkled with garlic and parsley, steamed carrots with honey and ginger, and shredded carrots added to a meatloaf. Make carrot cake for dessert!

Ask your child to compare the texture, size, color, taste and shape of carrots to other vegetables.

## Farm2School Updates

The Harvest of the Month Calendar for next school year is confirmed! Here is a sneak peek at some of the foods you will see next year: tomatoes, kale, cranberries, winter squash, cabbage, green beans, edamame and lettuce!

## Nutrition Facts

Serving Size 1/2 cup (185g)  
Servings Per Container 10

Amount Per Serving

**Calories 130**    Calories from Fat 30

% Daily Value\*

**Total Fat 3g**    5%

Saturated Fat 0g    0%

Trans Fat 0g

**Cholesterol 0mg**    0%

**Sodium 220mg**    9%

**Total Carbohydrate 25g**    8%

Dietary Fiber 5g    20%

Sugars 8g

**Protein 3g**

Vitamin A 280%    •    Vitamin C 25%

Calcium 4%    •    Iron 6%

\*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

## Rainbow Roasted Roots

Serves 10 (1/2 cup per serving)

### Ingredients:

- 1 pound carrots (scrubbed and sliced)
- 1 pound sweet potatoes (scrubbed and cubed)
- 1 pound potatoes (scrubbed and cubed)
- 1 pound beets (peeled and cubed)
- 2 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. pepper

### Directions:

Preheat oven to 400 degrees. In a medium bowl mix all ingredients. Place mixture onto a sheet pan and roast for 25-35 minutes or until vegetables are tender and lightly browned. Add onion, garlic or other veggies for a twist!

For more information on Farm2School visit:  
[www.laxf2s.org](http://www.laxf2s.org)

Color  
Carrots!

