

HARVEST of the MONTH CARROTS



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Raw cut carrots are a popular snack for kids. They are very good for your eyes!

Healthy Serving Ideas

Roasted Carrots: Toss sliced carrots with some olive oil, and herbs such as rosemary and thyme. Roast carrots in the oven at 375°F for 10 minutes.

Carrot Pancakes: Make carrot pancakes by adding 1/2 cup of cooked puréed (or raw, shredded) carrots to your pancake batter.

Carrot Sticks: Serve with hummus or peanut butter for a protein packed snack.

Fun Facts

- The longest carrot ever grown was over 20 feet long!
- The carrot is a root vegetable. The part we eat is known as a taproot.
- Carrots were first grown as a medicine, not as food.

At-Home Activity

Experiment with Carrot Roots!

1. Fill a glass half full with water. Add 10 drops of red food coloring to the water.
2. Cut the end tip off of a carrot.
3. Put the carrot in the glass of water. Leave for several days.
4. Put the carrot on the cutting board. Cut the carrot in half. Look inside. You will see red coloring in the tubes of the carrot that go from the bottom to the top of it. You can eat the carrot after!

Source: *The Carrot Museum*

Where to Find Local Carrots

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5: Just Enough Carrots by Stuart Murphy

Gr. 6-8: A Place at the Table by Saadia Faruqi

Gr. 9-12: Eating the Landscape by Enrique Salmón



MASSACHUSETTS



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Carrot Purchasing Pointers

- Look for carrots that are firm and have no bruises.
- Scrub or peel carrots before eating.
- Store carrots in a closed plastic bag or container in the refrigerator. They will keep well for up to two weeks. Remove the leafy green tops before storing!

January Preview: Apples!