

Carrots Zanhorias



Selection

When picking carrots, make sure they are dark orange in color as that will give you the most beta-carotene.

Carrots are usually available all year long. Carrots are a vegetable which grows in the ground as taproots (main roots of a plant).

Uses

Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups and stews, or shred.

Try It!



CARROT RAISIN SALAD

Ingredients

- 4 carrots (medium, peeled, and grated)
- 1/4 cup raisins
- 2 teaspoons sugar
- 1 lemon, juiced

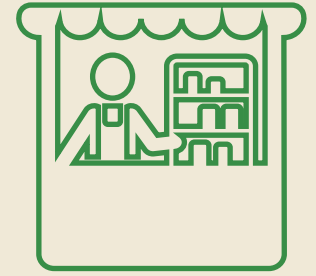
Instructions

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

History & Fun Facts

The carrot originated about 5,000 years ago in Middle Asia around Afghanistan. In Roman times, carrots were purple or white. In the 16th century, Dutch growers bred the vegetable to grow in the colors of the House of Orange.

The variety of carrots usually found in supermarkets is 7-9 inches long and 3/4 to 1 1/2 inches in diameter. Baby carrots were once longer carrots that have been peeled, trimmed, and packaged.



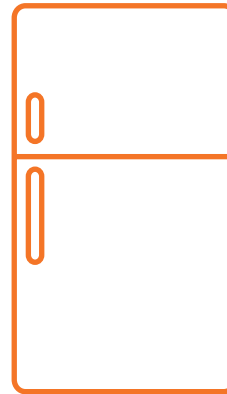
BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Refrigerate fruits and vegetables in perforated plastic bags and in separate drawers.
- Even if you plan to peel the produce before eating it, it is still important to wash first
- Scrub produce firmly with a clean produce brush.



NUTRITION FACTS

- _____ Fat free
- _____ Cholesterol free
- _____ Sodium free
- _____ Good source of fiber
- _____ Good source of Vitamin C



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FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; <https://whatscooking.fns.usda.gov>

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