
Selection

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

Carrots are usually available all year long.



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 is still important to wash it first.
 - ◆ Scrub firm produce with a clean produce brush.
 - ◆ Keep produce and meats away from each other in the refrigerator.
-

Why Buy Local?

- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmer Union)
 - ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
 - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
-



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

Originally developed by: Jennifer Blazek,
UW Extension Polk County, Balsam Lake, WI:
<http://polk.uwex.edu> (June, 2014)



Veggie Bites



Carrots

Zanahorias

Uses

Raw carrots make a perfect snack, especially with a favorite dip.

They can also be cooked, by steaming, roasting, or microwaving them.

Add carrots to salads, soups and stews, or shred and bake them into cakes or breads.



Spicy Carrots and Squash

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ High in Beta-carotene
- ♦ High in Vitamin A

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

Try It!

Spicy Carrots and Squash

INGREDIENTS

- | | |
|------------|-----------------------------------|
| 2 cups | Carrots, cut into 2" sticks |
| 1 1/2 cups | Summer squash, cut into 2" sticks |
| 1 tsp. | Vinegar |
| 2 Tbsp. | Fat-free vegetable broth |
| 1 tsp. | Brown sugar |
| 1 1/2 tsp. | Dijon, or spicy mustard |

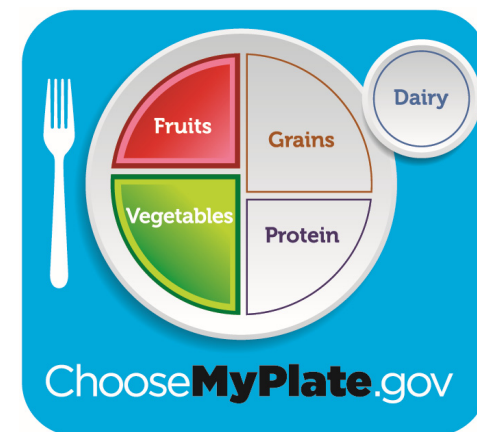
INSTRUCTIONS

1. Wash, peel, and cut carrots. Wash and cut up summer squash
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes, or until vegetables are just tender. Add more broth, if necessary to keep from burning.
4. Stir vinegar, brown sugar and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

Yield: 4 servings

Variation: Add zucchini for extra flavor!

Recipe Source: www.recipefinder.nal.usda.gov/



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.