



Carrots

Growing & Harvest Info

Plant your carrots after the last frost in a sandy and well-drained soil. Seeds should be planted about a ½ inch deep and 1-2 inches apart. When the plants are 4 inches high, thin the plants to 2 inches apart.

Look at your seed packet to know when to harvest your carrots. Mature carrots are usually ready in about 75 days. Do not grab and pull hard on the foliage. Most carrots are ready to harvest when the shoulders are 1/2 to 3/4 inch in diameter.

Nutritional Benefits

Carrot

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

Introduction

Carrots, now a popular vegetable around the world, was first cultivated around Afghanistan in 900 AD. Soon, carrots spread to surrounding areas and by the 1300s it was held in Northern European gardens and dishes in China.

Preservation

Storage:

- Remove the greens as soon as possible because they draw away moisture from the root. Tightly seal unwashed carrots in a plastic bag in the coolest part of the refrigerator.

Freezing:

- Remove tops, wash, and peel carrots. Leave small carrots whole. Cut others into thin slices or strips.
- Blanch carrots by boiling it in a large pot of water, one gallon of water per pound of carrots, for 2–5 minutes.
- Drain, cool, and place in plastic containers, leaving 1/2 inch of head space.
- Seal and freeze as soon as possible.

Canning:

- Select smaller carrots, preferably 1 to 1 1/4" in diameter. (Large carrots are often too fibrous)
- Wash, peel, and rewash carrots. Slice or dice carrots before canning.
- Make sure to use a pressure canner and follow correct processing times. The National Center for Home Food Preservation is a good resource for instruction:

https://nchfp.uga.edu/how/can_04/carrots_sliced.html

Vegetable state	Use by
Raw	10 days
Frozen	9 months
Canned	1 year



Carrots

Preparation

Recipe 1: Carrot and Lentil Soup

Ingredients

- 4 large carrots
- 4 ounces of lentils
- 1 large onion
- 1 large tin of tomatoes (400g)
- 2 pints of vegetable stock

Directions

- Chop the onion into medium sized pieces and place into a saucepan. Fry the onions until they are soft and translucent.
- Add the carrots and a little stock to wet them. When the carrots are warmed through, add all the stock and bring to a boil.
- Turn the heat down to a simmer and add the lentils, cover with a lid and leave to a simmer for 15 minutes.
- Blend the soup in the saucepan and add any extra liquid (water or stock) to the thickness you want.
- Add the tin of tomatoes and carry on blending until you have a smooth orange soup.

Recipe 2: Carrot Squash Biscuits

Ingredients

- 4 oz grated fresh carrots
- 10 oz squash
- 3 tablespoons soft butter
- 1 teaspoon thyme
- 12 oz biscuit mix
- 3 tablespoons milk

Directions

- Preheat oven to 425.
- Blend carrots, squash, butter, and thyme in bowl. Measure biscuit mix and mix just until flour is blended in. Add milk if necessary to get a sticky dough.
- Drop by rounded tablespoon measures onto lightly oiled baking sheets into 18 portions. Sprinkle with parsley.
- Bake for 14-16 minutes until golden brown.

Carrots contain beta-carotene which gives it a yellow-orange pigment and helps us with eyesight and our immune system.

Prepare Carrots Like This:

Baked	Raw
Boiled	Roasted
Grilled	Sautéed
Microwaved	Slow-Cooked
Pickled	Steamed

Try Carrots In:

Soups
Cake
Jelly
Dip
Salad
Salsa