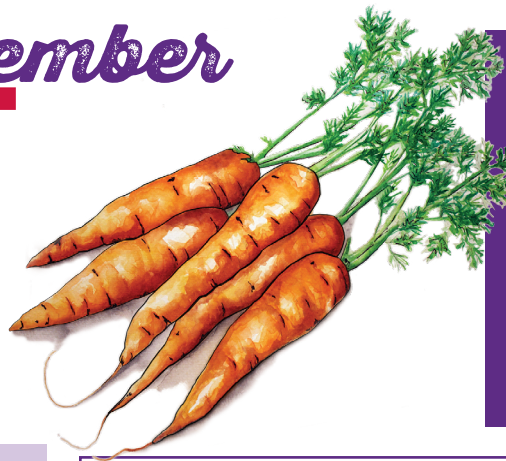


HARVEST of the MONTH CARROTS



We are featuring fresh, healthy, locally grown carrots in school lunches this month. Can you taste the difference?

Carrots are a delicious and familiar snack for many kids, and there are many great reasons to eat them. A 1/2 cup of fresh or cooked carrots is an excellent source of vitamin A, which is important for good eyesight.

Healthy Serving Ideas

- Toss sliced carrots with a little olive oil & roast carrots in the oven at 375°F for 10 minutes.
- Make carrot pancakes by adding 3/4 cup of cooked pureed carrots to your pancake batter.
- Serve carrot sticks with hummus or peanut butter for a protein packed snack.
- Add fresh shredded carrots to your salad!

Where to Find Local Carrots

MassGrown Map (MDAR)
<https://massnrc.org/farmlocator>

Fun Facts

- The longest carrot ever grown was 19 feet long!
- The carrot is a root vegetable and the part we eat is known as a taproot.
- Carrots were first grown as a medicine, not a 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 and with the help of an adult, 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.

Source: The Carrot Museum

Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state. To learn more about Harvest of the Month, visit www.massfarmtoschool.org/hotm.

Harvest of the Month Book Club

Elementary: Just Enough Carrots by Stuart Murphy
Elementary: It's Our Garden by George Ancona
Middle: A Place at the Table by Saadia Faruqi



Carrot Purchasing & Storage Pointers

- Look for carrots that are firm and have no bruises.
- Carrots should be scrubbed or peeled 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!



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

January Preview: Apples!