

# 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](http://massfarmtoschool.org/hotm)

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>

## 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

## 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*



MASSACHUSETTS



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## Carrot Purchasing 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!

January Preview: Apples!