



# Carrots



**Plant:** Carrots are a root vegetable that should be grown in full sun.

Planting should use a compost or well-rotted manure tilled to a depth of 12" into the soil. Carrots should be planted 0.5" deep in soil. Plant them at a rate of 25 seeds per foot of row, with the rows spaced 12-18" apart. Germination should occur 14-21 days after planting.

**Grow:** Carrots grow best in well-lit areas in soils containing well-rotted organic matter. Sandy soils provide the best habitat for carrot growth. Make sure to soak the soil well when watering to promote good root development.

**Harvest:** Carrots should be harvested about 90 days after planting.

Mature carrots have a higher sugar content, whereas younger carrots are juicier and more tender.

Nutrition Facts	
Serving Size 1 cup (88g)	
Amount Per Serving	
<b>Calories</b> 35	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 1g	

## Nutritional Information:

Carrots are great sources of vitamin A, which aids in eye health, and vitamin C, which helps strengthen the immune system. The high level of carotenoids also helps to prevent heart disease and reduce the risk of stroke. If eaten raw, carrots act as a natural abrasive, which can help keep teeth clean and healthy.

## How to Prepare:

Make sure to wash your carrots before eating to remove dirt and bacteria. Shave the outer layer of skin. They may be eaten raw or cooked. If cooking, they may be boiled, baked, broiled, or steamed. They may also be juiced, or eaten raw by themselves with dip or on a salad.



## **Carrots with Apple Cider Vinaigrette**

**Yields:** 4 servings

**Serving size:** 4 ounces

### **Ingredients**

- 2 cups fresh carrots, sliced 1/8" thick
- 1 ½ Tbsp honey
- 1 ½ Tbsp fresh parsley, chopped
- 3 Tbsp light raspberry vinaigrette (any brand will do)
- 3 Tbsp apple cider

### **Preparation**

1. Place carrots in a mixing bowl.
2. In a separate bowl, combine honey, parsley, raspberry vinaigrette, and apple cider. Mix until well blended.
3. Pour dressing over carrots. Toss evenly to coat
4. Keep in refrigerator for atleast 2 hours before serving.
5. Will keep in refrigerator for up to 2 days.

### **Nutrition Facts per Serving:**

90 calories, 3 g fat, 17 g carbohydrates, 2 g fiber, <1 g protein