



Carrots

Harvest of the Season

Eat More Arizona Grown Carrots

Vegetables come in different colors and flavors, but their real beauty lies in what's inside. Eating a variety of vegetables gives you lots of vitamins and minerals you need. Fill half your plate with vegetables and fruits and help keep your heart, teeth, gums, eyes and skin healthy.

Buy fresh vegetables, like carrots, in season when flavor and price are best!

Most recently, carrots were harvested from 3,522 acres. That is nearly 113 million pounds of carrots!

Why Eat More Carrots?

Carrots are full of nutrients. Here's how the nutrients in carrots keep you and your family healthy:

Nutrients Found in Carrots

Vitamin A

Helps your eyes and skin stay healthy

Vitamin C

Helps your teeth and gums stay healthy

Fiber

Helps keep your heart healthy and improves digestion

Potassium

Helps you maintain a healthy blood pressure

What are the Different Types of Carrots?

Carrots come in different colors like:

- Orange
- Yellow
- Purple-maroon

How Much Do We Need?

In general, your family should eat:

Age	Vegetables	Fruits
Children 2 - 3	1 cup	1 cup
Children 4 - 8	1 1/2 cups	1 to 1 1/2 cups
Older children and teens	2 to 3 cups	1 1/2 to 2 cups
Adults	2 1/2 to 3 cups	2 cups

Kids learn from watching you. Eat vegetables and fruits and they will too. Make half your plate vegetables and fruits.

Visit [choosemyplate.gov](https://www.choosemyplate.gov) for more information.

How to Choose, Store and Prepare Carrots

Choose:

- Choose well-shaped, smooth, firm, crisp carrots with deep coloring and fresh green tops.

Store:

- Carrots should be stored in the refrigerator without green leafy tops.
- Refrigerate carrots in a plastic bag with the tops removed for up to two weeks.
- Fresh carrots can be stored in the freezer for up to one year.

Prepare:

Raw carrots make a perfect snack. Add carrots to salads, soups and stews.

1. Rinse the carrots in cool running water.
2. Peel your carrots with a vegetable peeler at a downward angle to remove skin. Continue to peel until the skin is completely removed.

Carrots taste good raw or cooked. They can be steamed, sautéed, boiled or roasted. To learn more, visit [fruitsandveggiesmorematters.org](https://www.fruitsandveggiesmorematters.org).

Plant and Grow Carrots

- Plant carrot seeds with your kids. Plant your seeds in an area or garden with full sun exposure.
- Carrots grow well in Arizona.
 - In the central region of Arizona, plant between August and April.
 - In the northern region of Arizona, plant between April and August.
- Carrots grow and are ready to be cut in two to three months.
- Different carrots grow in a variety of soil types.
 - Shorter thicker carrots grow well in hard clay soils.
 - Longer thinner carrots grow well in sandy soils.

Visit extension.arizona.edu for harvest and planting information.

Choose Locally Grown Vegetables and Fruits

- Arizona Grown vegetables and fruits taste best and cost less when purchased in season.
- Vegetables and fruits that are locally grown in Arizona spend less time in the back of a truck. This causes less damage to the vegetables and fruits.
- When farmers sell directly to consumers, they cut out the middleman and receive full value for their produce. This allows farmers to continue to farm and provide service to the community.
- Let your kids be produce pickers. Help them pick vegetables at a grocery store, your local farmers' markets, or at a u-pick farm near you! Go to arizonagrown.org for more information.

Visit the School Food Programs section of the Arizona Department of Education Health and Nutrition Services section at www.azed.gov for more information.

Delightful Carrot Salad

Ingredients:

8 large carrots
2 tablespoons lemon juice
1 tablespoon vegetable oil
1 tablespoon low sodium soy sauce
1 teaspoon ginger, finely grated
1 teaspoon sugar
¼ teaspoon red pepper flakes
1/3 cup cilantro chopped
3 cups (about 1 bunch) chopped fresh spinach
¼ thinly sliced, small red onion

Directions:

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Peel carrots and cut into thin slices.
4. Bring a large pot of water to a boil over high heat. Add sliced carrots and cook until just tender, about 2 minutes.
5. When carrots are done, drain and transfer to a large bowl.
6. In a small bowl, mix together lemon juice, oil, low sodium soy sauce, ginger, sugar and red pepper flakes. Pour mixture over carrots.
7. Add cilantro, spinach and onions into carrots and toss until everything is coated.
8. Chill for at least 1/2 hour before serving.
9. Serve cold.

Courtesy of Anne Stears, M.S., R.D., Health Educator, University of Arizona SNAP-Ed program.

For more free recipes, visit EatWellBeWell.org.



Makes 6 servings
approximately 1 cup each.

Nutrition Facts

per serving	
calories	80
carbohydrates	13 gm
protein	3 gm
total fat	3 gm
saturated fat	0 gm
trans fat	0 gm
cholesterol	0 mg
fiber	4 gm
total sugars	6 gm
sodium	201 mg
calcium	90 mcg
folate	131 mcg
iron	2 mg
calories from fat	31%



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