

CARROTS

ARIZONA
HARVEST
SCHEDULE

Jan
✗

Feb
✗

Mar
✗

Apr
✗

May
✗

Jun
✗

Jul
✗

Aug
✗

Sep
✗

Oct
✗

Nov
✗

Dec
✗



Connect with Local
Producers!
[SCHOOL INTEREST
FORM](#)

FIND CARROTS IN ARIZONA

Farms to get the local produce:

- Agritopia Farm, Gilbert, AZ
- Aguiar Farms, Paulden, AZ
- Blue Sky Organic Farms, Litchfield Park, AZ



Carrot seeds are so tiny that one teaspoon can hold about 2000 carrot seeds.

ARIZONA HARVEST FACTS

- International Carrot Day is celebrated on April 4th.
- Carrots are an excellent source of vitamins, particularly vitamin A, which is crucial for good vision, immune function, and skin health. They contain vitamins K and C, potassium and dietary fiber.
- Imperator carrots are the most common grocery variety, known for their long, slender shape and high sugar content, making them sweet. They thrive in sandy soils due to their tapered roots.
- Mini carrots, or "baby carrots," are small, tender, and ideal for snacking. Unlike the cut and shaped baby carrots found in bags, true mini carrots are harvested young and have a sweet, delicate flavor.
- Danvers carrots are known for their traditional tapered shape and vibrant orange hue.



LOCAL RECIPE: Carrot & Jicama Slaw

Serving size: $\frac{3}{4}$ cup, Yield 8 servings
Credits: $\frac{1}{4}$ cup Red/Orange & $\frac{1}{4}$ cup Other

- 3 tbsp. lime juice
- $\frac{1}{4}$ tsp. honey or agave nectar
- $\frac{1}{8}$ tsp. salt
- 3 tbsp. extra virgin olive oil
- 1 lb. jicama, peeled and shredded
- 1 lb. carrots, shredded
- 3 tbsp. fresh cilantro
- $\frac{1}{2}$ jalapeño pepper, minced

In a large bowl, toss together the jicama, carrot, jalapeno pepper, and cilantro. Add in dressing and toss to coat. Enjoy!

QUICK MATH: CARROTS



CARROTS, FRESH (WITHOUT TOPS)

1 pound = .70 pound
ready-to-cook, or
serve raw carrot
sticks
(approximately
2.5 cups)

- $\frac{1}{4}$ cup serving is about 3 sticks*,
- $\frac{1}{2}$ cup serving is about 6 sticks*

*4 inches by $\frac{1}{2}$ inch

