



# Harvest of the Summer

## Carrots

### Nutrition Information

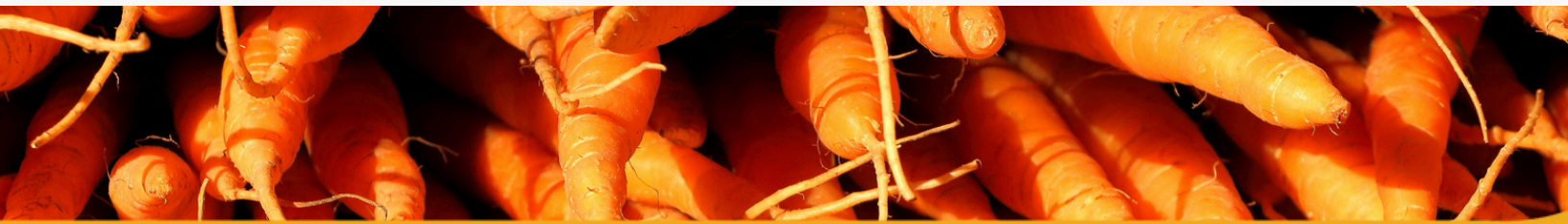
- Carrots are packed with vitamin A.
- They're a good source of vitamin K.
- Carrots are part of the red/orange vegetable group, which means they're full of important nutrients that help your body grow and stay healthy.

### Selection and Storage

- Pick carrots that feel firm and smooth and have a bright orange color. Skip any that feel soft, look shriveled, have cracks, or show dark spots.
- It's best to remove the greens after buying since they pull moisture from the carrots and can make them spoil faster.
- Whole carrots can stay fresh for 2 to 4 weeks in the fridge. Pre-cut or shredded carrots should be used within a week.

### Fun Facts

- Carrots didn't start out orange. Dutch farmers in the 1600s bred the orange carrots we're familiar with today. In fact, carrots come in many colors, including purple, yellow, red, and white carrots. Each type has its own taste and nutrition.
- Carrots are mostly water. About 88% of a carrot is made up of water.
- Most "baby carrots" aren't grown that way, they're regular carrots that are cut and peeled into smaller pieces. A farmer in California started doing this in the 1980s to avoid wasting misshapen carrots.
- Washington leads the country in carrots for processing, like canned or frozen carrots, and it ranks fourth for growing carrots sold fresh.



## Recipes\*

- [Carrot raisin salad – ICN Recipe Box](#)
- [Beef vegetable soup – ICN Recipe Box](#)
- [Cauliflower rice – ICN Recipe Box](#)
- [Chicken Tetrassini – ICN Recipe Box](#)
- [Crunchy Hawaiian chicken wrap – ICN Recipe Box](#)
- [Barley lentil soup – OSU's Food Hero](#)
- [Chicken and dumpling casserole – OSU's Food Hero](#)
- [Curtido – National CACFP Association](#)



\*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

While there aren't many credible recipes that feature carrots as the main ingredient, they are commonly used in soups, stews, salads, slaws, and roasted vegetable blends. You can craft or modify your own carrot-based recipe, just be sure to verify its credibility using the USDA Recipe Analysis Workbook (RAW).

## Educational Resources

- [Plant Tops and Bottoms](#) (Grades K-2) – NAITC Lesson Plan
- [Logan's Greenhouse](#) – NAITC Resource
- [Homegrown in Your State](#) (Grades K-2) – NAITC Lesson Plan
- [Vegetables Flowchart](#) – NAITC Resource
- [Carrot basics](#) (Spanish) -Food Hero

## Sourcing

- Use the [Washington Food and Farm Finder](#) to find carrots and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for additional resources.
- Can't find carrots in your area to feature? Substitute parsnips, beets, sweet potatoes, or summer squash, which are also in season.
- Contact OSPI at [farmtocnp@k12.wa.us](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto:farmtoschool@agr.wa.gov) for support finding Harvest of the Month foods.

**For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).**