



Harvest of the Summer

Carrots

Nutrition Information

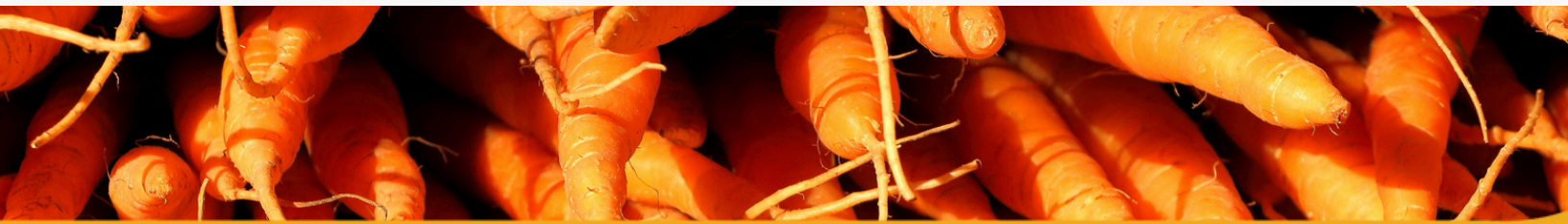
- Carrots are packed with vitamin A.
- They're a good source of vitamin K.
- Carrots are part of the red/orange vegetable group, which means they're full of important nutrients that help your body grow and stay healthy.

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*

- [Bison and Barley Soup](#) - ICN Recipe Box
- [Chicken Curry Casserole](#) – ICN Recipe Box
- [Chicken or turkey pot pie](#) – ICN Recipe Box
- [Chinese- Style Vegetables](#) – ICN Recipe Box
- [Chickpea Masala](#) – ICN Recipe Box
- [Bean and cheese pupusas](#) – ICN Recipe Box
- [Spicy Mexican Carrots](#) – The Lunchbox



*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

- [Dig 'Em Up](#) (Grades K-2) – NAITC Lesson Plan
- [Vegetables: Tops and Bottoms](#) (Grades 3-5) – NAITC Lesson Plan
- [FoodMASTER: Vegetables](#) (Grades 3-5) - NAITC Lesson Plan
- [The Giant Carrot](#) – NAITC Resource
- [Carrots Grow Underground](#) – NAITC Resource
- [Follow That Food: Carrot Edition](#) - NAITC Resource
- [Washington Harvest Posters](#) – WSDA

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 or WSDA at 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](#).