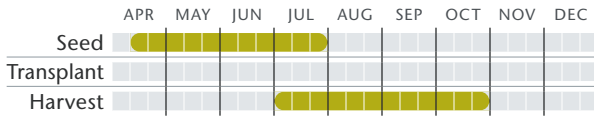


## All About Carrots

### Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Carrots contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶

More than 20%

2–9%

◀ **Vitamin C**

**Folate** ▶

2–9%

2–9%

◀ **Potassium**

**Calcium** ▶

2–9%

Less than 2%

◀ **Iron**

**Fiber** ▶

2–9%

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* Carrots are full of **beta-carotene**, which turns into **vitamin A** in our bodies.
- \* Carrots contain **antioxidants** that help keep your heart healthy, aid night vision and improve your immune system.
- \* The fattest carrots tend to be the sweetest. Sugars are concentrated in the core, so the **larger** the diameter, the **sweeter** the carrot.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

WASHINGTON STATE UNIVERSITY  
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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## Selecting and Preparing Carrots

- ☞ Choose carrots that are firm, smooth, evenly shaped and bright in color.
- ☞ Avoid flabby, soft or rough carrots and those that are cracked, split or show signs of mildew or decay.
- ☞ After you purchase carrots, immediately trim off any green tops and store carrots unwashed in a plastic bag in the refrigerator.
- ☞ Carrots are best when used within one to two weeks.
- ☞ Wash well and eat raw. Or cut them up and steam, boil, microwave, stir-fry or add to soups or stews.
- ☞ To cook in the microwave, add about two tablespoons water to carrot slices, and loosely cover the bowl. Cook until carrots are tender-crisp.

## Oriental Carrot Salad

Makes 4 servings

- 2 cups peeled and grated carrots
- ¼ cup finely chopped bell pepper
- ¼ cup raisins
- ¼ cup sunflower seeds or unsalted cashews
- ¼ cup orange juice
- 1 tablespoon oil
- 1 tablespoon low sodium soy sauce
- ⅛ teaspoon ground ginger
- ⅛ teaspoon garlic powder
- 1 teaspoon honey or sugar

- 1 In a bowl, combine carrots, peppers, raisins and sunflower seeds.
- 2 In a jar, combine orange juice, oil, soy sauce, ground ginger, garlic powder and honey. Close and shake to blend.
- 3 Add the dressing to bowl, and toss to combine.
- 4 Refrigerate for a few hours to blend flavors.

*Adapted from [www.foodhero.org](http://www.foodhero.org)*

## Peach and Carrot Smoothie

Makes 3 servings

- 1 medium banana (fresh or frozen, peeled and cut into chunks)
- 1 cup frozen carrots
- 1 (15-ounce) can peaches, with juice

- 1 Combine all ingredients in a blender or food processor.
- 2 Blend until smooth.
- 3 Serve immediately. Leftovers should be refrigerated or frozen within 2 hours.

*Adapted from [www.foodhero.org](http://www.foodhero.org)*

## Curried Carrot & Bean Spread

Makes 6 servings

- 2 cups water
- 3 to 4 medium carrots, peeled and sliced
- 1 tablespoon vegetable or olive oil
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 teaspoon curry powder
- 1 15-ounce can\* white beans, rinsed and drained
- ¼ teaspoon salt
- ½ teaspoon ground cumin (optional)
- Cilantro (optional)

- 1 Bring water to boil in a small saucepan. Add carrots and cook until tender (5 to 7 minutes). Drain and set aside.
- 2 Heat oil in a small skillet over MEDIUM-HIGH heat. Add onion, garlic, curry powder and cumin. Cook until onion is tender (about 4 to 5 minutes).
- 3 Place carrots, onions and beans in blender, and blend until smooth.
- 4 Serve in a bowl; garnish with cilantro, if desired.

*\*Note: Use fresh cooked, dried beans to lower sodium and save money.*