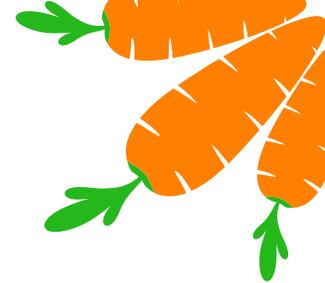


CARROTS



General Information:

- Root vegetable harvested in the fall
- Deep orange color indicates ripeness
- Larger, older carrots are sweeter than smaller, younger ones
- Store in refrigerator, covered or in a bag for up to 3-4 weeks

Nutrition:

- Low in calories and fat
- Excellent source of Vitamin A which is important for vision
- Good source of Potassium which helps with blood pressure control

Cooking Ideas:

1. To cook: (for 2 pounds of carrots)

 **Boil:** Place carrots in boiling water for 7-9 minutes, drain and season

 **Roast:** Cut into bite-sized pieces, 400°F for 15-20 minutes, flipping halfway through

2. Seasoning options: (for 2 pounds of carrots)

 **Spiced:** 2 Tbsp Olive Oil, 1/2 tsp Kosher Salt, 1/2 tsp Chili Powder, 1/2 tsp Cinnamon, and Black Pepper to taste

 **Sweet:** 2 Tbsp Olive Oil, 1/2 tsp Kosher Salt, 3 Tbsp Honey, 1 tsp Cinnamon

3. Recipe idea: Carrot Cake Smoothie

Sprout Growing Tips + Considerations:

- Recommended varieties: Danvers 128, Purple Haze, Thumbelina, Apache, and Enterprise
- Directly sow your seeds into your bed - carrots don't like their roots to be disturbed so plant them where they'll live!
- Try to give each seed 10 inches of space from one another. Carrot seeds are very tiny so you'll probably seed them close to one another. That's OK - just thin them out once they've sprouted!
- Be sure to keep the seeds moist in the first 10 days, spraying with a water bottle or mister

