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