



ASK YOUR
CHILD ABOUT
CARROTS!

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This month, we are learning all about carrots. Carrots come in many different colors: orange, yellow, white, purple, and red! Carrots are delicious raw and cooked. Eat raw carrots plain, or add to salad. Roast carrots in the oven with oil, salt, and pepper. Make a carrot and radish pickle, and eat plain or on a sandwich, or serve with meat or fish. Or, pickle carrots, jalepeño, and onion, and serve with tacos.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose carrots that are firm, not flexible
- Avoid carrots that feel soft or limp, or have wilted greens
- Store carrots in a plastic bag in the refrigerator. Remove carrot greens before storing.
- Store carrot greens, peelings, and other vegetable scraps (mushrooms, celery, onion) in a plastic bag in the freezer. When the bag is full, boil in a large pot of water to make a tasty vegetable stock!



KIDS CAN COOK: CARROTS

Kids can help prepare carrots by:

- Grating carrots for a salad or pickle with the help of an adult
- Mixing the warm water, vinegar, and sugar for the carrot and radish pickle or another pickle
- Squeezing the water out of carrots after they sit with salt
- Packing vegetables in jars or bowls

TANGY CARROT SALAD*

SERVES 4-6

Recipe from Head Start Family Worker

- 1.5 lbs. carrots
- ½ cup plain yogurt
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 large cloves of garlic, minced
- 1 Tbs. – chopped fresh dill (or ½ Tbs. dried dill)
- Salt and pepper to taste

DIRECTIONS:

1. Wash, peel and finely shred carrots, put in a bowl
2. Add yogurt, sour cream mayonnaise and minced garlic – lightly fold together until carrots are coated.
3. Add chopped dill, salt and pepper. Fold together.
4. Chill and serve.

* If preparing the night before serving, mix in dill, salt and pepper before serving.