

# Harvest of the Month



March 2018



**CARROTS**

Find and circle all the words and pictures of "carrots" on this page. (answer on back)

- How many did you find?
- Do you like carrots?
- What is your favorite way to eat carrots.

## Glazed Carrots

Makes: 6 servings

### Ingredients:

- 2 tablespoons margarine
- 1 1/2 pounds carrot
- 1 cup water
- 1/4 teaspoon pepper
- 2 teaspoons sugar or substitute 2 teaspoons of real maple syrup

### Directions:

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

Recipe source: <http://whatscooking.fns.usda.gov/recipes/print/718>



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/6 serving</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>90</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NORTH COUNTRY REGION  
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# EAT YOUR CARROTS



## Nutrition Facts

Serving Size: ½ cup carrots, sliced (61g)

Calories 25      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%

## Plant Parts

Look at the different parts of the plant we eat. Draw lines to match the pictures with the correct words and descriptions.

What part of the plant is the carrot? \_\_\_\_\_ (answer below)

### Fruits

Protect seeds; help seeds disperse.

### Stems

Help leaves get sunlight; move water and nutrients.

### Roots

Anchor and support plants; absorb water and nutrients.

### Leaves

Make food through photosynthesis.

### Flowers

Produce seeds; attract birds, insects, and other pollinators.

### Seeds

Produce new plants; provide food for young plants.



## Reasons to Eat Carrots

- ❖ Eating a ½ cup of carrot slices will give you lots of vitamin A.
- ❖ Vitamin A helps keep your eyesight healthy, helps your body fight infections, and helps keep your skin healthy.
- ❖ Carrots can be eaten whole, sliced into sticks, chopped, shredded, and cooked! Frozen and canned carrots are just as nutritious as fresh carrots.

## Vitamin A Champions\*:

Cantaloupe, carrots, cooked greens, cooked spinach, red bell peppers, sweet potatoes and winter squash all contain vitamin A.

\*Vitamin A Champions are an excellent source of vitamin A (provide at least 20% Daily Value).

## How Much Do I Need?

- ❖ A ½ cup of sliced carrots is about one medium carrot or four baby carrots. This is the same as about one cupped handful.
- ❖ The amount of fruits and vegetables you need depends on your age, if you are a boy or a girl, and how active you are every day.
- ❖ Fruits and vegetables are an important part of a healthy diet.

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day. See how much is right for you. Visit <https://www.choosemyplate.gov/vegetables>



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Answer from front: 12 Did you remember the carrots in the Harvest of the Month wheel barrow?

Answer: Root

Cornell Cooperative Extension