

Harvest of the Month



Botanical name *Daucus carota*



CARROTS

Carrot Raisin Salad

Recipe Source: USDA Mixing Bowl

Ingredients:

4 carrot (medium, peeled and grated)

1/4 cup raisins

2 teaspoons sugar

1 lemon, juiced

Directions:

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

Nutritional Information:

Serving Size: 1/4 of recipe
Yield: 4 servings
Calories: 63
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 43 mg
Total Carbohydrate: 16 g
Dietary Fiber: 2 g
Protein: 1 g



*Receive an item to jump start your healthy lifestyle

Visit northcountryeatsmartny.org/mobile-lessons

*Must qualify for SNAP Benefits

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 is good for you because it 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, winter squash.

*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 six baby carrots. This is the same as about one cupped handful. The amount of fruits and veggies 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. Visit www.choosemyplate.gov to learn about the other food groups and to find out what and how much you need to eat to be healthy and grow strong.

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.

Visit www.choosemyplate.gov/MyPlatePlan to learn more



Cornell Cooperative Extension

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