



Harvest of the Month:

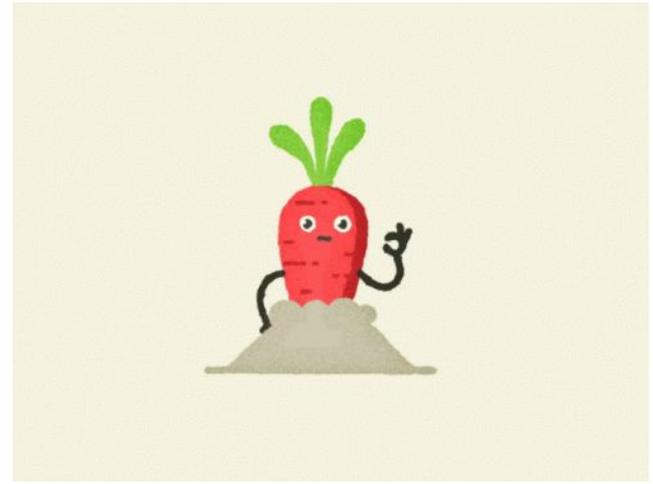
December — CARROTS!



What Are Carrots?

Carrots are crunchy vegetables that grow **underground**.

They can be **orange, purple, yellow, or white!**



Why Are Carrots Good for I

Carrots help our bodies by giving us:

- 👁️ **Vitamin A for healthy eyes**
- 💪 **Energy**
- ❤️ **Nutrients that keep us strong in winter**



How Do Carrots Grow?

Carrots start as tiny seeds.

Their green tops grow above the ground...

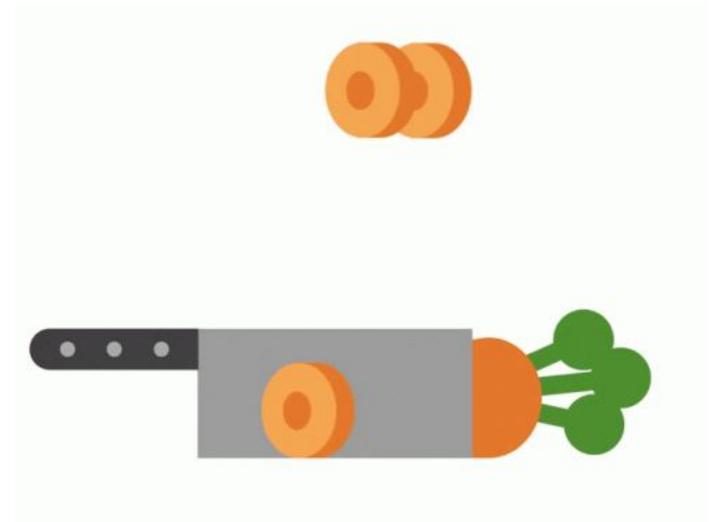
And the carrot grows **below!**



Fun Ways to Eat Carrots

You can eat carrots:

- 🥕 Raw as crunchy sticks
- 🍲 In warm soups
- 🍞 In carrot muffins
- 🍯 With honey for a sweet snack



Kid-Friendly Snack Ideas

- Carrot Sticks with Hummus: Serve crunchy carrot sticks with a side of creamy hummus for dipping.
- Carrot and Cheese Roll-Ups: Spread cream cheese on a tortilla, add shredded carrots, roll it up and slice into pinwheels.
- Carrot Smoothie: Blend carrots with banana, yogurt and a splash of orange juice for a nutritious smoothie.
- Carrot Popsicles: Puree carrots with fruit juice and freeze in molds for a cool snack.

