



# Carrots

Produced by:



THE LAND  
CONNECTION

## Fun Facts:

- Carrot varieties can be orange, purple, black, white, yellow, or red. Some varieties even have two-tone roots.
- Carrots don't give you night vision. This myth was propaganda used by the British Royal Air Force during WWII.

## Nutrition Information:

- As the name implies, carrots are brimming with beta-carotene. Beta-carotene is a substance that is converted to vitamin A in the human body.
- Generally, carrots contain high quantities of alpha- and beta-carotene and are a good source of vitamin K and vitamin B6. They also contain modest levels of other essential nutrients like phosphorus and manganese.

## Preparation:

- Use a vegetable brush to remove all of the soil from the carrot root and rinse under cold water. Peel if desired (it's not required).
- Raw carrots are good, but carrots lose very little nutritional value during cooking. In fact, some nutrients in cooked carrots are more available to the body than in raw carrots as cooking them breaks down their tough cellular wall making some nutrients more useable.

## Cooking:

Learn more at [www.thelandconnection.org](http://www.thelandconnection.org)

**Raw:** shred, chop, or slice and add to salads, eat with dip, or blend into juice.

**Microwave:** spread 2 cups of sliced carrots in a 1-quart baking dish. Add 2 tablespoons of lightly salted water to the carrots, cover, and cook on high for 5 to 8 minutes. Let stand, covered, for 3 minutes.

**Boil:** peel and slice carrots and place them in a saucepan or pot with enough boiling water to cover them by at least 1 inch. Keep the water simmering and cook the carrots, covered, until tender (about 12-20 minutes depending on the size of your slices), then drain, season, and serve.

**Puree:** boil carrots and return them to the pan over low heat and mash with a potato masher or beat with a hand-held mixer until smooth.

**Sauté:** slice or cube carrots and place in a hot skillet or sauté pan with a little vegetable oil. Cook over medium-high heat, stirring occasionally, until golden brown and tender.

**Roast:** leave carrots whole, cut them in half lengthwise, or slice them. Toss in oil, salt, and pepper, spread them out on a rimmed baking sheet, and roast at 400°F until golden brown and tender, about 1 hour.

## Storage:

- Store carrots with the green tops removed in perforated plastic bags. They will last for several weeks in the crisper drawer of a refrigerator.
- For longer-term storage, carrots can be frozen. Drop slices in boiling water for 3 minutes, rinse in cold water to stop the cooking process, drain, let dry, and pack into an airtight container or freezer bag.