

# Carrots

Carrots are vegetables that grow in the ground. They can be many different colors including orange, purple, yellow and white. Carrots can be bought in the store or at a farmers market with the greens still attached.



## WHY SHOULD I EAT THIS?

Carrots are an excellent source of vitamin A, which promotes cell growth and good vision. They also contain vitamin C, which helps heal cuts and wounds.

## MAKE A GOOD SELECTION

Choose carrots that are firm and deep in color. Avoid carrots that are soft or split. Visible dirt should be scrubbed and rinsed off of carrots before using them.

## PROPER STORAGE

If the green tops are still attached, cut them off. Store carrots without the green tops in a plastic bag in the refrigerator for up to two weeks.

## WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 						X	X	X	X	X	X	
<b>MARKET</b> 						X	X	X	X	X	X	

Source(s): Nebraska Buy Fresh Buy Local and SNAP-Ed Connection

## HOW COULD I USE THIS?

- Add carrots to casseroles or hot dishes
- Make a smoothie with cooked carrots, pineapple and yogurt
- Dip raw carrot sticks in hummus or your favorite dip
- Add to a stir-fry
- Use shredded carrots to make a carrot cake or muffins
- Roast carrots with a glaze or seasonings and serve as a side dish
- Add chopped carrots to soups or stews
- Carrots can be pickled
- Shred carrots and add to coleslaw
- Add to pasta salad or salad greens