

Carrots

Nebraska Seasonal Produce Guide

Carrots are vegetables that grow in the ground. They can vary in 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.



Proper Storage

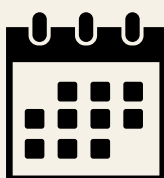
If the green tops are still attached, take them off. Store carrots without the green tops in a plastic bag in the refrigerator for up to two weeks.

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 seasoning and serve as a side dish
- Add chopped carrots to soups or stews
- Add to pasta salad or salad greens

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 carrots before using them.



Seasonal Availability in Nebraska

Harvest Season: June through November

Market Availability: June through November



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