

# Harvest of the Month

February



Carrots

## Pick

- Choose firm, bright carrots without cracks that look slightly moist.
- Large carrots with the greens attached will have the sweetest flavor.

## Store

- Remove the greens from carrots and store tightly sealed in a plastic bag in refrigerator for up to two weeks.

## Prepare

- The peel of the carrot is edible; gently scrub and rinse carrots prior to eating.
- Enjoy carrots raw or cooked by microwaving, steaming, sautéing, roasting or baking.

## Family Friendly Activities

- Cook carrots and conduct a taste test using several different seasonings such as ginger, parsley, garlic and honey.
- Dip 'em—Carrots are great with vegetable dips, hummus, and low fat dressings.
- Ask your child to compare the texture, size, color, taste and shape of carrots to other vegetables.

## Whole Wheat Carrot Muffins

Serves 12

### Ingredients:

- 1/2 cups whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon ginger, ground
- 1/2 teaspoon salt
- 1/2 cup butter, softened (but not melted)
- 1/2 cup honey
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 cup applesauce, unsweetened
- 3/4 cup carrots, shredded
- 1/3 cup diced walnuts, optional

### Instructions

Preheat oven to 350 degrees F. Line a muffin pan with paper, foil, or silicone liners, and set aside. In a medium bowl whisk together flour, baking soda, cinnamon, ginger, and salt. In a large bowl, use an electric mixer to mix the butter, honey, egg and vanilla together. Slowly add in the flour mixture until well combined. The batter will be fairly thick. Using a spatula, carefully fold in the applesauce and carrots. Mix in walnuts, if desired. Divide the batter evenly among the muffin cups. Bake for 22 - 24 minutes or until a toothpick comes out clean.

## Fun Facts

- Carrots were originally grown as medicine and not food.
- Despite what you see in cartoons, hares, which are wild rabbits, do not eat carrots.
- Carrot varieties grown in the US are usually orange, but can also be yellow, white, and purple.

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

# WINTER WONDERLAND TRIPLE SNOWSHOE CHALLENGE

On each of the weekends listed below, we will have a snowshoe course marked at one of our beautiful local parks. Gather up your family and snowshoe/hike the course anytime between Saturday 9am thru Sunday 3pm.

Enjoy a scenic stroll through our winter wonderland this season!  
Complete all three courses to be entered in a grand prize drawing!  
Event registration is FREE.

## FEBRUARY 6-7: CASTLE MOUND PARK STARTING LOCATION: CASTLE MOUND PARKING LOT

(STATE PARK VEHICLE PASS REQUIRED TO PARK WITHIN CASTLE MOUND PARK.)



FOR FULL DETAILS, LOCATIONS, AND TO REGISTER, VISIT:

**[WWW.JACKSONINACTION.ORG/WINTERWONDERLAND](http://WWW.JACKSONINACTION.ORG/WINTERWONDERLAND)**

QUESTIONS? CONTACT KATHLEEN AT 715-299-0870

### Other Winter Activities....

**Go on a Winter Nature Scavenger Hunt—Take your family out doors for a real-life seek and find. Put together a checklist of things found outside in winter (pinecones, icicles, hiking trail, sticks, etc.) and enjoy as you watch their eyes light up with winter wonder. No matter how you do it, get outside with your child this winter. It can be a great time to explore the outdoors and create lasting, fun memories with your family.**

