

Harvest of the Month

April



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.

Sweet Potatoes and Carrots

2 cups sweet potatoes (approx 1 large), cubed
1 cup carrots, sliced
1/2 cup orange juice
1 tsp. orange peel, grated
1 tsp. lemon juice
1 tsp. cornstarch
1 Tbsp. water
1 Tbsp. slivered almonds or pecans



Directions:

Boil or steam sweet potatoes and carrots until tender throughout. Heat orange juice to boiling in saucepan. Add the orange peel and lemon juice. Dissolve the cornstarch in the water and add to orange mixture. Continue to heat, stirring until thickened. Remove vegetables from pan and place in serving dish. Drizzle orange sauce over it and sprinkle nuts on top.

Makes 4 servings

Roasted Root Vegetables

1 1/2 pounds carrots (scrubbed and sliced)
1 1/2 pounds parsnips (peeled and sliced)
1 1/2 pounds potatoes (scrubbed and chopped)
2 Tbsp. olive oil
1/2 tsp. salt
1/4 tsp. pepper

Directions:

Preheat oven to 375 degrees. In a medium bowl mix all ingredients. Place mixture onto a sheet pan and roast for 15-25 minutes or until vegetables are tender and lightly browned. Add onion, garlic or other veggies for a twist!

Serves 10 (1/2 cup per serving)

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.



May 16 - May 31, 2020

5K COLOR FUN RUN/WALK

Our virtual race can be done by anyone, anywhere!

Complete your 5K, have fun, and be sure to take lots of pictures!
Don't forget to use your colored powder for your own backyard celebration!

Share your photos with us!

Post them on our Facebook event page, tag them with
#paceandpedal2020, or email them to jacobsond@brmh.net.

\$10.00 - 13 years & up

Participation Packet Includes:

Race bib, colored powder packet, custom Pace and Pedal socks, & **MORE!**

\$5.00 - 12 years & younger

(FREE for local youth with coupon code)

Participation Packet Includes:

Race bib, colored powder packet, youth medal, & **MORE!**

Visit www.brmh.net/paceandpedal to register.

All proceeds to benefit
Jackson in Action -
a community coalition
promoting healthy lifestyles
in Jackson County.
www.JacksonInAction.org



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