



Wisconsin
harvest
of the month



January is Carrots

Nutrition & Health Benefits

- **Beta-carotene** - Our bodies turn beta-carotene into Vitamin A, which is important for keeping skin and bones healthy, fighting infection, and good eyesight.
- **Potassium** - Helps maintain normal blood pressure.
- **Vitamin K** - Needed for blood clotting.

Preparation & Cooking Tips

- Select** - Choose smooth and firm carrots with a deep color and fresh, green tops.
- Store** - Remove green tops and refrigerate in a plastic bag for up to 2 weeks.
- Prepare** - Scrub under running water dirt. Peel if desired.

Did you know?

- Fresh carrots grown in Wisconsin are available from mid-July through October, they can also be stored through the winter.
- Carrots come in many colors including purple, yellow, white, red, and orange.
- The leafy green tops of carrots can be eaten too.

Fun Facts

- Carrots were first used for medicine in Asia over 3,000 years ago. These carrots were purple and yellow.
- The pilgrims brought orange carrot seeds with them when they settled in America.
- Carrots are a type of root vegetable; the part we eat grows in the ground - the tap root.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Taste different colored carrots.
Ask: Do they all taste the same?
 Are any colors sweeter? You can also compare raw carrots to boiled and roasted carrots. How do the flavors differ in the way each is prepared?
 Are any of them sweeter? Roasting vegetables brings out the natural sugars and creates a delicious caramelization. This is a healthy and easy way to prepare a vegetable side dish.

— Credit: Natasha Zill, RD Nutrition Education Manager, Nourish Farm

CRUNCH
into
CARROTS



fit families

Eat healthy • Be active • Your kids are watching

FUN

activity: Root Exploration



Objective: Students will understand the function of various types of roots.

Supplies: A variety of root vegetables, such as golden or cylinder beets, turnips, ginger, rutabaga, beauty-heart (watermelon) radish, black Spanish radish, orange and purple carrots, blue potatoes (technically a tuber), and sweet potatoes.

Procedure: Collect a variety of interesting root vegetables. Wash vegetables under cool running water. Organize kids into groups of four and tell them they are root veggie explorers. They will need to use their senses to look at, feel, smell, and taste these roots. Go around to each group and cut one sample of their root in half so they can see the inside. If possible, offer them a sample to taste (remember to have kids wash or sanitize their hands before tasting). Based on their observations about various root characteristics, the group should come up with a new and unique name for these roots. Have each group share the name of their root and explain how they arrived at that name. Afterwards, kids can look for ways that all the roots are like one another and how they are different.

— Adapted from: *Got Veggies? A Youth Garden-Based Nutrition Education Curriculum*

This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: Share pictures of different root vegetables. Tell students they are root veggie explorers and encourage them to look for ways that all the roots are like one another and how they are different. Based on their observations about various root characteristics, have kids come up with a new and unique name for these roots.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ

books



- *The Giant Carrot* by Jan Peck
- *Carrot Soup* by John Segal
- *The Carrot Seed* by Ruth Krauss
- *Tops and Bottoms* by Janet Stevens
- *Carrots Grow Underground* by Mari Schuh
- *Carrots* by Inez Snyder
- *Oliver's Vegetables* by Vivian French
- *The Life Cycle of a Carrot* by Linda Tagliaferro



Easy Sauteed Carrots

Ingredients:

- 1 pound carrots (peeled and sliced into 1/4 inch thick rounds)
- 2 tablespoons olive oil
- salt and pepper

Directions

1. Peel and trim the ends of the carrots.
2. Slice into rounds of equal thickness, about 1/4 inch thick
3. Place a medium skillet over medium heat. Warm the olive oil. Add carrots and stir to coat.
4. Cook, covered, for 8-10 minutes, or until soft when poked with a fork.
5. Remove cover and cook, stirring occasionally, for an additional 2 minutes to let any excess water evaporate.
6. Sprinkle with desired seasonings, salt and pepper.
7. Enjoy!

Source: <https://www.yummytoddlerfood.com/sauteed-carrots/>



Information adapted from Wisconsin Harvest of the Month.