

Harvest of the Month

March: Carrots

Nine Fun Facts about Carrots

1. Carrots are 88% water
2. In Portugal, carrots are used to make jam
3. The world's largest grower of carrots is China with 45% of the world supply
4. The orange carrot we love today, was developed in 17th century Holland in honor of the Dutch Royal Family – the House of Orange
5. Eating massive amounts of carrots will turn the soles of your feet and palms yellowish orange but this will go away if you stop eating them
6. Carrots are 7% natural sugars
7. The carrot is one of the top 10 most economically important global vegetable crops
8. Ancient Greeks and Romans ate red, purple and white carrots harvested in the wild.
9. The green tops of the carrot are edible but not many people eat them.

Carrot Nutrition

- Carrots contain very little fat and protein. One medium, raw carrot (61 grams) contains 25 calories, with only 4 grams of digestible carbs.
- Carrots contain beta carotene which plays a role in keeping eyes healthy.



**More Carrot Recipes
on the Back**



Colorful and delicious with slightly spicy and sweet Moroccan flavors — A Mediterranean delight!

AROMATIC CARROT SALAD

Ingredients:

- 5 medium carrots – grated or spiral cut
- 2 c. spinach or kale
- 1 can (14 oz.) Garbanzo beans (chick peas)
- ½ c. walnuts or almonds
- ½ c. Dried cranberries or raisins
- ½ c. Kalamata olives (or traditional olives) or feta cheese.

Honey Dijon Aromatic Dressing:

- 1/3 cup extra virgin olive oil
- 1/4 cup vinegar
- 2 Tbsp. honey
- 1 Tbsp. Dijon mustard
- 1/4 tsp salt (optional)
- 1/2 tsp ground cumin or more
- 1/2 tsp ground turmeric or more
- 1/2 tsp ground cinnamon or more
- 1/4 tsp black pepper

DIRECTIONS: In a large bowl, combine the carrots, spinach, chick peas, nuts, cranberries and olives. In a small bowl, whisk the olive oil, vinegar, honey, Dijon, salt and spices together with a fork. Toss the dressing over the salad just before serving. Add more spices if desired. Serve with your favorite protein – grilled chicken, salmon, eggs.

1/2 c. *Serving: 160 Calories, 10g Fat, 15g Carb, 4g Fiber, 3g Protein.*



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**See the recipe LIVE on WEAU-TV 13 (NBC)
Eau Claire, Thurs., March 14 at 4 p.m. with
Ruth Chipps, MS, RDN, CD**

RECIPE VIDEOS: www.JacksonInAction.org/recipes

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, 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.

March Wellness Events



March 4, 5:30 PM – 6:30 PM Wellness Series with Dr. Stephanie Bantell. “Food for the Real Person.” Lunda Community Center, BRF.

March 12, 6:30 - 8:30pm Breastfeeding Class. Black River Memorial Hospital, 711 W Adams St, Black River Falls, WI 54615, Board Room.

March 13, 10:30am - 11:30am Diabetes Education & Support Group. B-Home Conference Room - “Nutrition Month - What’s it all about?” 311 Hwy. A, Black River Falls
Speaker: Ruth Lahmayer Chipps, MS, RDN, CD, Black River Memorial Hospital Registered Dietitian Nutritionist.

March 14, Harvest of the Month - Live Cooking Demo (Carrots) at 4 p.m. on WEAU-TV 13 NBC with Ruth Chipps, MS, RDN, CD

March 15, Laces to Leaders registration due. Fitness program for 3rd, 4th and 5th graders. More information: <http://www.jacksoninaction.org/lacestoleaders>

March 18, 2019 5:30pm- 6:30pm Wellness Series - Lunda Community Center. Dr. Jerry Kitowski - “Brain Health”

March 21, 5:30pm – 7 p.m. Living Fiercely with Cancer Support Group. Lunda Community Center (Hub). Facilitators Kathleen Clemons and Kaye Henrickson

March 28, Harvest of the Month at BRMH Cafe - Black River Memorial Hospital. 11:30am - 12:30 p.m. Taste the featured recipe.

March 28, 2:00pm – 4:00pm Work-life Balance Program. Comfort Inn & Suites, BRF. Free for Chamber members; non-members \$10. Presenter: Catherine Link, CPPB, CAM



Honey and Maple Glazed Carrots:

Ingredients:

2 pounds large carrots, cut into 2 inch pieces OR use a bag of baby carrots

½ cup butter

3 Tbsp. honey

2 garlic cloves, chopped

Salt and Pepper to taste

Parsley, chopped, for garnish

Instructions:

1. Preheat oven to 425 degrees. In a medium saucepan add the butter and cook over medium high heat. Continue to whisk for a few minutes until the butter starts to become frothy and brown. Add the honey and garlic and remove from heat.

2. In a large bowl add the carrots and drizzle the sauce on top. Stir to coat. Spread evenly on a large baking sheet. Season with salt and pepper.

Bake for 15-20 minutes or until the carrots are tender. Garnish with chopped parsley. Serves 4-6 people



Oriental Carrot Salad with Dressing

Ingredients:

2 cups shredded carrots

¼ cup finely chopped green or red pepper

¼ cup raisins or craisins

¼ cup cashews or sunflower seeds

Instructions:

Combine carrots, peppers, raisins and sunflower seeds in a bowl.

Add the oriental salad dressing or your favorite salad dressing. Stir to blend.

Refrigerate for a few hours to blend flavors. Makes 4, ½ cup servings



Oriental Salad Dressing

Ingredients:

¼ cup orange juice

1 Tablespoon vegetable or olive oil

1 Tablespoon soy sauce

1/8 teaspoon ground ginger

1/8 teaspoon garlic powder

1 teaspoon honey or sugar

Instructions:

Combine all ingredients in a jar. Cover and shake to blend.

MORE at www.JacksonInAction.org