**Nutrients Found in Carrots**

- Carrots contain more vitamin A than almost any other vegetable. Vitamin A is best known for helping eyesight.
- Carrots are a good source of vitamin K, which helps bones stay strong.
- Carrots contain a type of fiber that may lower cholesterol levels.
- Each color of carrot contains a diversity of antioxidants that help keep hearts healthy!

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**Healthy, Fit & Ready to Learn**

- Remember, all physical activity counts! Teach your child to take the stairs instead of the elevator, and walk or ride bicycles to run errands. When you must drive, use a parking space that is relatively far from the destination.

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**Grown in Oregon**

Carrots grow especially well in Oregon’s well-drained sandy or peaty soils. In Oregon, carrots can be planted in the spring as soon as the soil is workable and can continue to be planted into mid-summer for fall and winter harvests! At farmer’s markets, you can find Oregon-grown carrots almost year round.

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**Living and Eating Green**

Pack lunches and snacks in lunch boxes. Try to use reusable containers for cut up fruit and veggies and sandwiches instead of plastic bags!

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**Just for Kids**

Cut the top off a carrot leaving about \( \frac{1}{2} \) an inch of the orange part and \( \frac{1}{2} \) an inch of the green stem and leaves. Press the carrot piece into damp sand or soil in a saucer or a bowl. If sand and soil are not available, you can just use water! Place the dish on a windowsill or another place the carrot will be exposed to sunlight. Soon, new leaves will emerge and you will have a plant! The root will not regenerate, but it is possible to grow new foliage.
YOUR OREGON KITCHEN

QUICK AND EASY
• Carrots are delicious raw and plain!
• Add carrots to soup or make a soup based from a carrot puree.
• Make moist, delicious muffins using shredded or pureed carrots.
• Add chopped or shredded raw carrots to salads.
• Roast carrots with other root vegetables and add your favorite seasonings.
• Eat carrot sticks with a plain yogurt-based dip.

PRODUCE POINTERS
• Choose mature carrots that are firm and have smooth skin.
• Look for carrots that have rich, orange color. The deeper the orange, the more beta carotene the carrots will contain.
• Avoid extra-large carrots, as they often have woody cores and are not as sweet as smaller carrots.
• Remove leafy green carrot tops before storage so they do not suck moisture and nutrients from the carrots themselves.
• Carrots should be stored in a loose plastic bag in the refrigerator crisper.

RECIPE: WARM CARROT AND LENTIL SALAD

INGREDIENTS:
• 2 teaspoons olive oil
• 1 small yellow onion, cut into 1/2-inch pieces
• 1 clove garlic, peeled and minced
• 1 pound carrots, peeled and cut into 1/2-inch pieces
• 1 yellow bell pepper, cut into 1/2-inch pieces
• 1 teaspoon cumin
• 1 teaspoon ground coriander
• 1/2 cup lentils, rinsed and picked over
• 2 cups low-sodium chicken stock
• 3/4 cup dried apricots, cut into 1/2-inch pieces
• 2 Tbsp coarsely chopped fresh cilantro
• 2 Tbsp coarsely chopped fresh flat-leaf parsley

DIRECTIONS:
1. Heat olive oil in a saucepan over medium heat. Add onion and garlic, and sauté until soft and translucent, about 5 minutes.
2. Add the carrots, bell pepper, cumin, and coriander. Sauté, stirring the mixture frequently, until the bell pepper is slightly softened, about 3 minutes.
3. Add the lentils and chicken stock. Simmer until lentils are tender, 15 to 17 minutes.

Adapted from marthastewart.com

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

<table>
<thead>
<tr>
<th></th>
<th>Kids ages 5-12</th>
<th>Teens &amp; Adults ages 13+</th>
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<tbody>
<tr>
<td>Males</td>
<td>2 1/2 - 5 cups per day</td>
<td>4 1/2 - 6 1/2 cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2 1/2 - 5 cups per day</td>
<td>3 1/2 - 5 cups per day</td>
</tr>
</tbody>
</table>

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.