

NUTRIENTS FOUND IN CARROTS

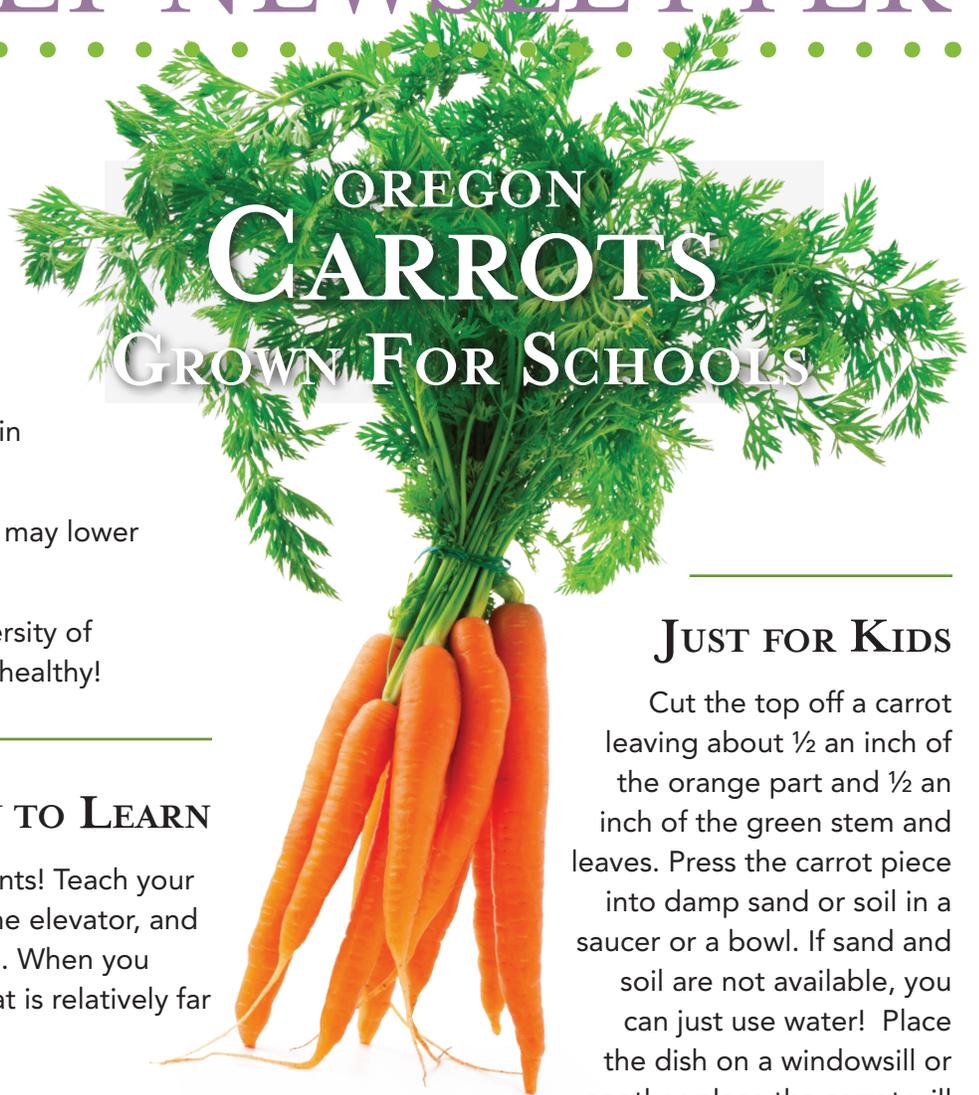
- Carrots contain more vitamin A than almost any other vegetable. Vitamin A is best known for helping eyesight.
- Carrots are a good source of vitamin K, which helps bones stay strong.
- Carrots contain a type of fiber that may lower cholesterol levels.
- Each color of carrot contains a diversity of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

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.

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.



JUST FOR KIDS

Cut the top off a carrot leaving about ½ an inch of the orange part and ½ 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.



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!

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.
4. Add the apricots. Continue to simmer, stirring for 1 minute. Remove from heat. Stir in the cilantro and parsley. Serve.

Adapted from marthastewart.com



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

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.