

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7100 students in Western Nevada County will sample **Carrots** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Place an olive on a carrot stick for "witches' fingers"
- Serve carrot sticks with hummus, nut butter, pesto, or guacamole
- Add shredded carrots to muffins or pancakes
- Shred on sandwiches, burritos, spring rolls
- Roast carrots with a little oil and salt at 400° for 15-20 min

Carrots



Carrot Cabbage Salad

Serves: 6-8

Prep time: 15 min

Dressing: blend:

- 1/4 cup fresh lime juice
- 1/4 cup honey
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced serrano peppers
- 1½ teaspoons garlic
- 1 teaspoon soy sauce
- ½ teaspoons salt
- ½ teaspoons ground black pepper
- ½ cups light olive oil

Pour over and toss:

- 2 cup shredded carrots
- 2 cups shredded cabbage
- 3/4 cups chopped green onions
- 1/3 cups chopped fresh cilantro

Recipe by Roberta DesBouillons, adapted

Harvest of the Month carrots are grown by [Full Belly Farm](#), a 400-acre certified organic farm located in the Capay Valley. Full Belly has been farmed using organic practices since 1985 and is certified by CCOF. Farm owners Andrew Brait, Judith Redmond, Paul Muller, Dru Rivers, Jenna Muller, and Amon Muller, along with 80 employees, produce a great diversity of vegetables, herbs, nuts, flowers, and fruits year-round. The farm has a flock of chickens and sheep, goats, and several cows. Full Belly is home to many outreach activities, including educational tours, school group visits, and the annual Hoes Down Harvest Festival. Owners Dru Rivers and Paul Muller (above) are keynote speakers at the upcoming Sustainable Food and Farm conference in Grass Valley, February 7-10, 2019, foodandfarmconference.com



If your student is eligible for free/reduced school meals, you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Carrot Fun Facts

For all ages:

- Carrots are one of the ten most economically important vegetable crops in the world. California produces 85% of U.S.-grown carrots.
- One California producer processes 6 million carrots a day. If you took their carrot yield from one week and stacked them end to end, you could circle the earth.
- Carrots were domesticated from the wild carrot - the wildflower known as “Queen Anne’s lace.”
- The edible part of a carrot is known as a taproot.
- The longest carrot recorded was 20 feet 5.9 inches long!
- The heaviest carrot was 20 pounds!
- Some close relatives of the carrot are parsnips, parsley, cilantro, coriander, fennel, anise, dill, cumin and celery.



For older students:

History:

- The carrot plant probably originated in Persia and was cultivated for its leaves and seeds which were used medicinally.
- Carrots were originally purple, white, and yellow. The orange carrot was developed in Holland as a tribute to William I of Orange during the Dutch fight for independence from Spain in the 16th century.

Science:

- Carrot’s scientific name is *Daucus carota*. Carrots are part of the Apiaceae or parsley family.
- Carrots are commonly grouped into two main varieties: eastern and western. Eastern carrots are the original cultivar and are usually purple or yellow in color and have fewer branched roots. The purple color comes from an anthocyanin pigment lost in later varieties.
- Orange carrots get their characteristic color from beta carotene, a plant pigment that is a source for Vitamin A.

Nutrition:

- Carrots are an excellent source of vitamin A (more than 200% of your daily need in just one carrot!), vitamin K, vitamin C, vitamin B6, fiber, and Potassium. Fiber is important for digestive and heart health, helps regulate blood sugar and makes you feel more full with fewer calories.
- Vitamin A is required for the proper development and functioning of our eyes and skin.
- Vitamin A is also an antioxidant that helps protect cells from free radicals— molecules produced when your body breaks down food or is exposed to air pollution and radiation. Antioxidants in vegetables and fruits may play a role in preventing heart disease and cancer.