

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

CARROTS



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Carrot Salad

Ingredients

1 pound carrots, washed and shredded or grated
1¼ cup raisins
2 tablespoons mayonnaise
1 teaspoon lemon juice
1/4 teaspoon salt

Directions

Mix shredded carrots and raisins together



in a large bowl. Mix mayonnaise, lemon juice, and salt in a small bowl until smooth. Pour over carrot mixture and mix well. Chill for at least 30 minutes.

Nutrition info per serving (serves 6):

Calories 167; Fat 4g; Sodium 179mg; Carbs 35g; Fiber 3g

Oven Roasted Carrots

Ingredients

2 pounds carrots, washed
2 tablespoons extra virgin olive oil
½ teaspoon salt
¼ teaspoon black pepper
½ teaspoon dried thyme

Directions

Preheat the oven to 425°F. Line a baking sheet with aluminum foil or parchment paper for easy clean-up. Slice the carrots on the diagonal into 2" pieces. Make sure all pieces are approximately the same size to



ensure even cooking. Directly on the prepared baking sheet, toss together all ingredients. Roast in a single layer, stirring once mid-way through, until fork tender, 20-25 minutes (cooking time will depend on thickness of carrots). Taste and adjust seasoning if necessary.

Nutrition info per serving: Calories 153; Fat 7g; Saturated fat 1g; Carbohydrates 22g; Sugar 11g; Fiber 6g; Protein 2g; Sodium 392mg; Cholesterol 0mg

Chicken and Carrot Casserole

Ingredients

2 cups cooked chicken, cut into bite size pieces
3 medium carrots, washed and sliced into bite size pieces
3 medium potatoes, washed and cut into bite size pieces
1 tablespoon minced onion
1 can low-fat/low-sodium condensed cream of chicken soup
2/3 cup water
½ teaspoon poultry seasoning
½ teaspoon black pepper



Directions

Preheat oven to 350°F. Place chicken in the bottom of a greased 9x13 baking dish. Put potatoes, carrots, onions on top. Mix soup, water, poultry seasoning, and pepper, and pour over top of all. Cover and bake for 45-50 minutes, or until carrots are tender.

Nutrition info per serving (serves 5): Calories 191; Fat 5g; Sodium 545mg; Carbs 34.5g; Protein 43g

Recipes courtesy of Harford County Master Gardeners (MGs)
Images from allrecipes.com and MGs



Who said this?

Peas went with carrots as infallibly as ham went with eggs. For years I thought carrots and peas grew on the same vine.
- Peg Bracken, American author of humorous books on cooking

I'm Irish, so I'm used to odd stews. I can take it. Just throw a lot of carrots and onions in there and I'll call it dinner.
- Liam Neeson, Irish actor

Life, people learned, was not easy. Life was not cake. Life was not a carrot cake. - Tao Lin, American novelist and poet

We as parents are our children's first and best role models... We can't lie around on the couch eating French fries and expect our kids to eat carrots and run around the block.
- Michelle Obama, Author and former First Lady

Never, ever get satisfied; keep the carrot in front of the horse.
- Jack LaLanne, American fitness and nutrition guru



What is a... carrot?

The carrot, *Daucus carota*, is a long, thin root vegetable usually orange in color; although there are many cultivars that are purple, black, red, white, and yellow. People have been eating carrots for over 5,000 years. When carrots originated in the Middle East, they were purple and yellow in color. The orange carrot was developed in the 1600s. Carrots are known to be a sweet vegetable and are often used as a sweetener in baked goods. (Who doesn't love a large slice of carrot cake?)

The feathery green tops of carrots are called fronds which can also be eaten. Bugs Bunny, a Looney Tunes character, loved his carrots. In reality rabbits aren't fond of root vegetables, but they will eat hay, grass, and leafy greens. At the Eden Mill Garden, we know that rabbits love young bean plants!



Health Benefits

Carrots are about 10% carbs, but are extremely low in fat and protein, and they contain the richest sources of beta-carotene. They are a source of vitamin A which promotes good vision. They are also a source of B vitamins as well as vitamin K and potassium. Carrots may improve skin appearance and may help people look younger. This sounds like a great reason to eat this crunchy vegetable. Much of the health benefits of carrots have focused on carotenoids. Diets rich in carotenoids may help protect against types of cancer. Carrots can also be a component of a weight loss diet.

Carrots are a great snack— full of nutrients and low in calories. Enjoy raw carrots with hummus, yogurt sauces, nut butters, or ranch dressing. They are also excellent when boiled, roasted, or steamed. Try to cook carrots whole. Cooking carrots and many vegetables whole helps to preserve the nutrients.



Carrot Jokes:

1. Why did the carrot blush?

Because he saw the salad dressing.

2. Did you hear about the carrot detective?

He got to the root of every case.



Believe It or Not!

- Carrots are the second most popular vegetable in the world, after potatoes.
- The average person will consume 10,866 carrots in a lifetime.
- Carrots were first grown as medicine for an assortment of ailments.
- Even dogs get health benefits from carrots. Every part of the vegetable is safe for dogs to eat!
- Baby carrots are not a type of carrot. They started with a farmer who did not want to throw out blemished carrots. He started cutting and peeling the carrots to make them appear perfect.
- *Daucus carota* in the wild form is called Queen Anne's Lace! Both domestic carrots and wild carrots are the same plant. The only difference between them is the size of the root. Wild carrot roots are smaller and woody. It is helpful for gardeners to know the wild carrot leaves are a great substitute food for the butterfly caterpillars who eat your garden parsley and carrot leaves.



University of Maryland Extension | Harford County

3525 Conowingo Rd. Street, MD 21154 | 410-638-3255

www.extension.umd.edu/Harford-county

Joyce Browning, Master Gardener Coordinator jbrowni3@umd.edu

Jennifer Dixon Cravens, Family & Consumer Sciences /Nutrition Educator

jdixoncr@umd.edu

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