

Harvest of the Month NEBRASKA

CARROTS

Carrots are shining in the spotlight as our Nebraska Harvest of the Month item. This versatile veggie can be eaten raw, roasted, baked into cakes, or added to smoothies.

SELECTION, STORAGE & COOKING

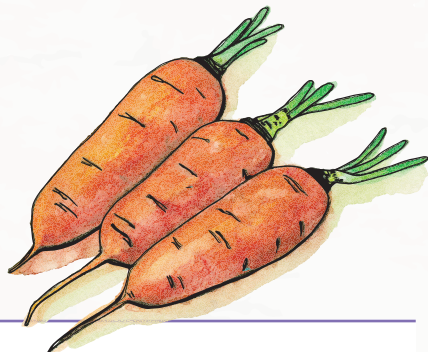
- If carrots come to you with greens attached, remove the greens before storing. Carrot greens are edible and delicious - they can be used to make pesto or as an addition to soup stock.
- For long term storage, keep carrots in a plastic bag, stored in the refrigerator.
- Carrot skin is very thin and doesn't need to be peeled - just wash well to remove any dirt or debris.
- While cooking marinara sauce, add diced carrots for a hint of sweetness!

NUTRITIONAL TIP

Carrots contain high quantities of beta-carotene, vitamin K, biotin and Vitamin B6. The human body converts beta-carotene, the orange/red pigment of a plant, into Vitamin A which is important to immune, skin, and eye health.

SEASONAL AVAILABILITY

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC



HONEY GARLIC BUTTER ROASTED CARROTS

Ingredients:

- 2 lbs carrots cut into thirds
- ½ cup butter
- 3 TBL honey
- 4 garlic cloves minced
- ¼ - ½ tsp. salt plus more for seasoning
- Cracked black pepper

Directions:

1. Preheat oven to 425°F. Lightly grease a large baking sheet with nonstick cooking oil spray; set aside.
2. Melt butter and honey in pan. Add garlic and cook for 30 seconds.
3. Add carrots and allow the sauce to thicken for 1 minute. Season to taste.
4. Transfer carrots to a baking sheet in a single layer. Toss to evenly coat.
5. Roast for 20 minutes, or until carrots are fork-tender. Broil on high for 2-3 minutes to crisp.

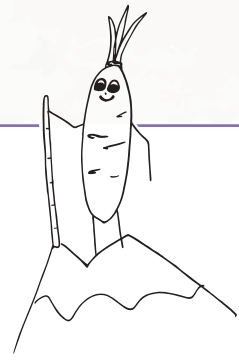
Adapted from: <https://cafedelites.com/honey-garlic-butter-roasted-carrots>



LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

FUN WITH CARROTS

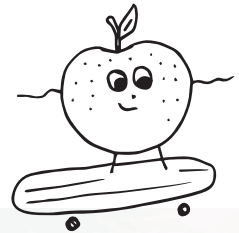
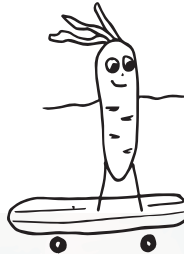


COLLABORATIVE CARROT STORY

1. Gather a group of people. Arrange yourself in a circle. Each person will contribute sentences to the story until a wacky carrot tale emerges. Decide on one person to write everyone's sentences in order.
2. Start with this sentence- **"In the month of May, a bright orange, long carrot root grew deep below the surface of the soil."**
3. Go around the circle one person at a time. The first person will add their sentence to follow the first sentence.

For example: "In the month of May, a bright orange, long carrot root grew deep below the surface of the soil. The carrot root grew amongst earthworms, soil particles and fungi."

4. Keep going around the circle, with each person adding a sentence to the carrot story.
5. Once everyone has gone once or twice, read the story out loud!
6. Try your hand at drawing illustrations to go along with your wacky carrot tale!



WHICH IS CARROT IS WHICH?

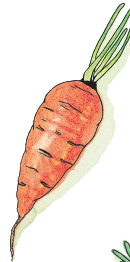
Danvers

Cosmic Purple

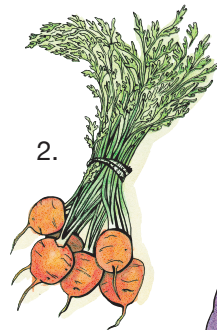
Red Cored Chantenay

Parisian Market

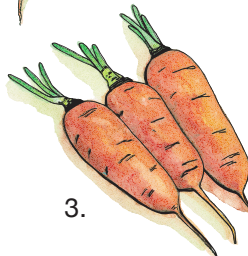
1.



2.



3.



4.

