

HARVEST OF THE MONTH: CARROTS



NUTRITION FUN FACTS:

- Carrots are a great source of vitamin A which is important for healthy skin and good vision!
- Carrots are also a good source of fiber. Fiber helps us feel full and keeps our digestive tract healthy!

Fun snack ideas!

HOW TO EAT CARROTS:

1. Pair fresh carrots with a variety of dips such as veggie dips, hummus, and guacamole.
2. Roast carrots in the oven with oil, salt, and pepper to give them a sweeter flavor.
3. Try frozen or canned carrots for an easy alternative to fresh!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for carrots that are firm and crisp, and without any cracks.
2. Carrots can be stored for about 1-2 weeks in the refrigerator. Keep them in a plastic bag or wrapped in a paper towel.
3. If buying whole carrots, make sure to rinse and scrub before eating.

BEST TIME TO EAT:

DEC-JAN
JUN-JUL



RECIPE: SPICY CARROTS & SQUASH

DIRECTIONS

1. Wash, peel and cut carrots. Wash and cut up squash.
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth, if necessary, to keep from burning.
4. Stir vinegar, brown sugar and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spicy-carrots-and-squash>

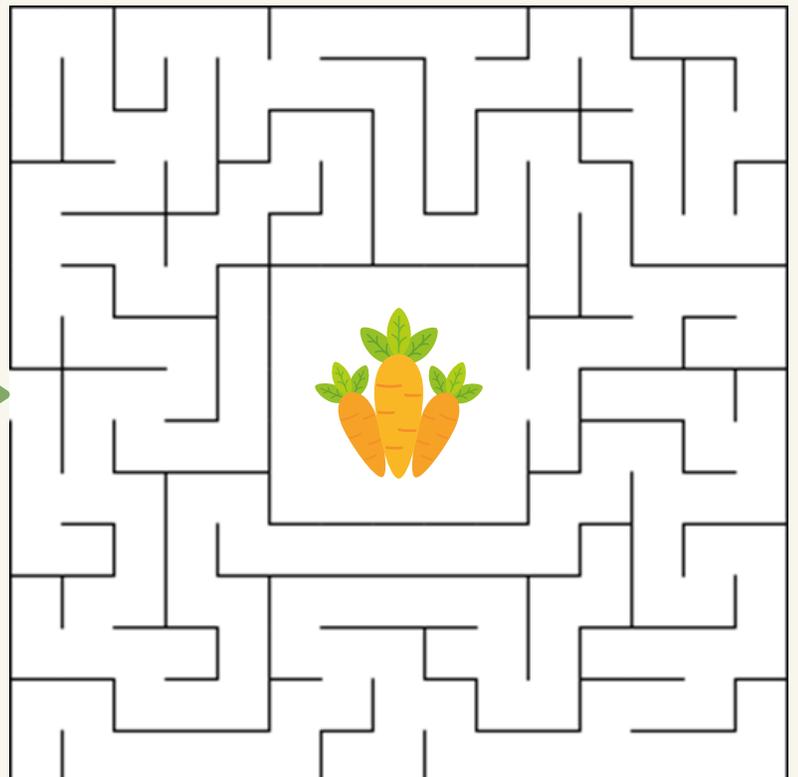
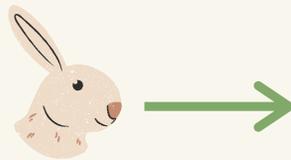
INGREDIENTS

Makes 4 Servings

- 2 cups carrots, cut into 2 inch sticks
- 1 1/2 cups squash, cut into 2 inch sticks
- 1 teaspoon vinegar
- 1/8 cup vegetable or chicken broth, low-sodium
- 1 teaspoon brown sugar
- 1 1/2 teaspoons Dijon or spicy mustard

ACTIVITY: MAZE MADNESS

Can you help the rabbit through the maze to find his bunch of carrots?



Maze created by PuzzleMaker at DiscoveryEducation.com