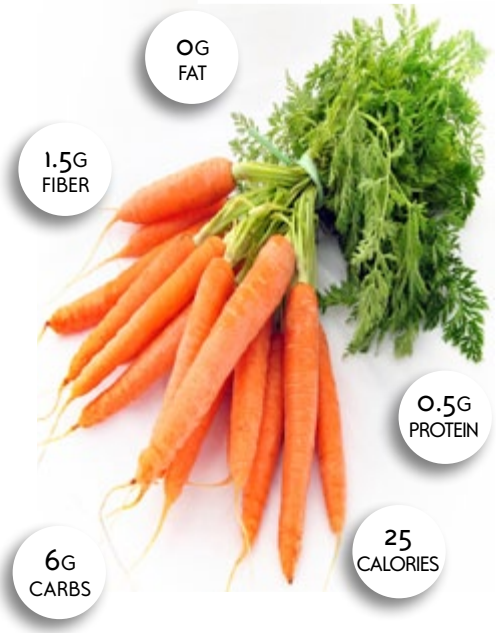
TASTEFUL HARVEST

Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

CARROTS



✓Cholesterol-Free ✓Gluten-Free
✓Low-Calorie ✓Fat-Free
✓Low Sodium

Rich in carotenoids and vitamin A

HOW TO PICK THE BEST

- Carrots are always in season. You can find them fresh, frozen, or canned.
- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.
- Refrigerate carrots in a plastic bag for up to two weeks.
- If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- Look for low-sodium varieties of frozen or canned carrots.

HEALTHY SERVING SUGGESTIONS

- Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- Have your child think of other ways to include carrots in family meals.
- Ask your child to tell you why eating fruits and vegetables is important.

SUPREME MASHED POTATOES

Makes 10 servings.¾ cup per serving.
Total time: 55 minutes

Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- ½ cup low-sodium chicken broth
- 1 tablespoon butter

Directions:

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

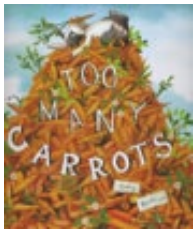
Nutrition information per serving: Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

Adapted From: https://harvestofthemonth.cdph.ca.gov/documents/Spring/Carrots/Carrots%20-%20Family%20News_Eng_Final.pdf

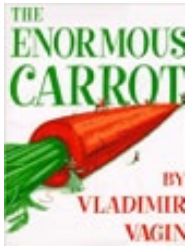
CARROTS FUN FACTS

- The carrot is a root vegetable with the most commonly eaten part being the taproot.
- The carrot is usually orange in color although purple, red, white, and yellow varieties also exist.
- The actual plant of a carrot (greens above ground) can grow up to 1 m (3.2 ft) tall and flowers around June to August (northern hemisphere summer) with a bright white flower.
- Carrots are cooked and eaten in various different ways. The vegetable is often pulped, mashed, boiled, puréed, grated, fried, steamed, stewed, baked, juiced or eaten raw. Carrots are typically used in stir-fries and salads but also in soups and added to baby foods or pet foods. They can be dehydrated or deep-fried to make chips, flakes, and powder.
- The carrot is in the top 10 of most economically important global vegetable crops.
- Carrots are an excellent source of beta-carotene, which our bodies turn into vitamin A. Carrots provide 30 percent of the vitamin A in the US diet.

READING FUN

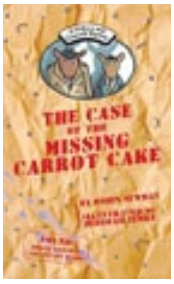


Too Many Carrots
by Katy Hudson

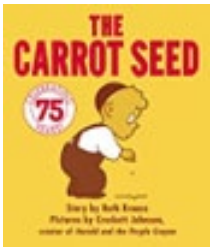


Creepy Carrots
by Aaron Reynolds

The Carrot Seed
by Ruth Krauss



The Enormous Carrot
by Vladimir Vagin



The Case of the
Missing Carrot Cake
by Robin Newman

ACTIVITY: CARROTS IN THE GARDEN

Supplies:

- 2 paper plates
- light blue and brown paint
- paintbrushes
- stapler
- green and orange paper
- glue
- brown Easter grass

Directions:

Step 1: Paint one paper plate blue and the other one brown. The brown one needs to be painted on the back. When the paint has dried, cut the brown paper plate in half. We will only need one half for this craft.
Step 2: Staple the two paper plates together.
Step 3: Stick brown grass inside the paper plate pocket.
Step 4: Draw a few carrots on the orange construction paper and cut them out. Cut out carrot tops from the green paper and glue them to the back of the carrots.
Step 5: Place the carrots inside the “dirt”.