

Highly nutritious and adding colour to any meal, carrots are a versatile vegetable that can be eaten raw, steamed, boiled, fried, baked, mashed, pureed, slawed, juiced stewed and in soup. Carrots are inexpensive, can be stored for long periods of time, and are generally available locally year-round after they are harvested in late summer and early fall when flavor is at its peak.

## NUTRITION

Of all the commonly consumed vegetables, carrots provide the highest amount of provitamin A carotenes. Carrots also offer an excellent source of fiber, vitamin K, and biotin. They are a good source of vitamins B6 and C, potassium, and thiamine. Carrots are also effective in promoting good vision and protecting against cardiovascular disease and cancer.

## HOW TO SELECT

Carrot roots should be firm, smooth, relatively straight and bright in color. The deeper the orange-color, the more beta-carotene is present in the carrot. Since the sugars are concentrated in the carrots' core, generally those with larger diameters will have a larger core and therefore be sweeter.

## HOW TO PREPARE

**RAW:** Wash and gently scrub. If carrots are old or non-organic they should be peeled. If the stem is green, cut it away as it will be bitter. Slice and enjoy as a snack. Chop, dice, or grate them and add to leafy salads. Create a unique salad with grated carrot, beets, apples and raisins. Use a juicer and mix with other fruits or soy milk to make a tasty morning beverage

**COOKED:** Carrots can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with other roots vegetables for a tasty casserole. Because only a fraction of the beta-carotene in raw carrots is released during digestion, cooking can improve the nutrient uptake by breaking the fiber, making nutrients and sugars more available, thus also making them taste sweeter.



## SIMPLE CARROT RECIPE

**GLAZED CARROTS: CARROTS, BUTTER, BROWN SUGAR, HONEY, LEMON JUICE, PEPPER**

1. Wash and peel the carrots with a paring knife or vegetable peeler. Use 1-2 cups per person.
2. Chop into slices or sticks.
3. Place carrots in a medium skillet, cover with water or vegetable and bring to a boil.
4. Once boiling, reduce heat to medium-low, cover, and let cook until tender (10 min). Drain.
5. In a fry pan, melt butter, honey, and brown sugar (about 1 tbsp of each per person) together. Cook until sugar is dissolved.
6. Toss carrots in with glaze and add a touch of lemon juice. Stir until carrots are well-heated and glazed
7. Garnish with pepper or parsley and enjoy.