

Fresh
FROM THE
FARM



CARROTS



Selection & Preparation

Choose carrots that are firm, smooth, evenly shaped, and have a bright orange color.

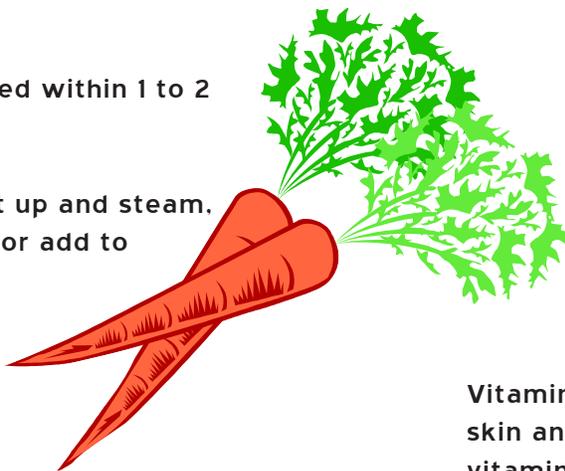
Avoid flabby, soft, or rough carrots and those that are cracked, split, or show signs of mildew or decay.

When you purchase carrots you should immediately trim off the green tops and store carrots unwashed in a plastic bag in the refrigerator.

Carrots are best when used within 1 to 2 weeks.

Wash well. Eat raw or cut up and steam, boil, microwave, stir-fry, or add to soups or stews.

To microwave: Add 2 tablespoons water to carrot slices.



Nutrition Facts

Serving Size ½ cup sliced carrots

Amount Per Serving

Calories 30

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0g 0%

Sodium 0 mg 0%

Total Carbohydrate 6 g 2%

Dietary Fiber 2 g 8%

Sugars 1 g

Protein 1 g

Vitamin A 360%

Vitamin C 10%

Calcium 2%

Iron 2%

Folate 2%

Potassium 207 mg

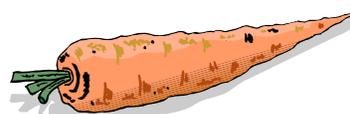
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Key Nutrients

Vitamin A - for resistance to infection, healthy skin and good vision. To increase the amount of vitamin A that your body absorbs, cook carrots before eating them. This also makes them easier to chew and digest.

Potassium - to maintain normal blood pressure levels.

Fiber - to help keep you regular, control blood sugar levels, and fiber may lower blood cholesterol.



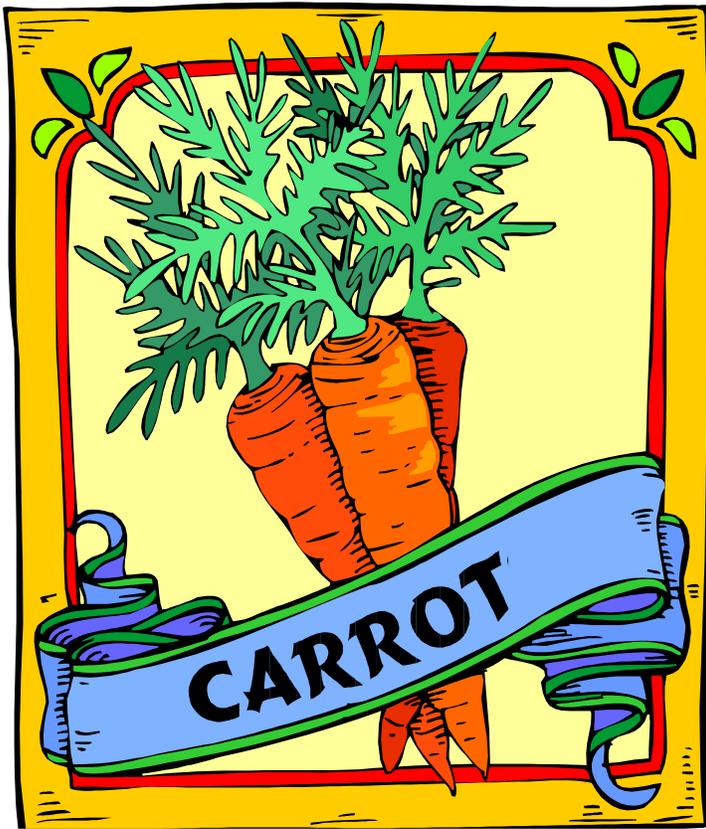
Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



Massachusetts
grown...and fresher!™

Cape Cod Cooperative Extension ° 3195 Main St ° Barnstable, MA 02630

www.capecodextension.org ° coopext@barnstablecounty.org ° 508-375-6690



Carrot and Raisin Salad

- 1 cup shredded carrots
- 1/4 cup diced celery
- 1/4 cup raisins
- 2 teaspoons vinegar
- 3 tablespoons mayonnaise

In a mixing bowl, combine carrots, celery, raisins, vinegar, and mayonnaise. Mix together and refrigerate until chilled.

Makes 2-3 servings.

Tuna Macaroni Salad

SALAD:

- 3/4 cup carrots, washed and grated
- 3/4 cup celery, chopped
- 1 cup macaroni, uncooked
- 2 hard-cooked eggs, chopped
- 2 6-ounce cans tuna, water-packed, drained

DRESSING:

- 1/2 cup mayonnaise-type salad dressing, low-fat
- 2 tablespoons onion, minced
- 1/4 teaspoon black pepper

1. Wash and prepare celery and carrots.
2. Boil water. Add macaroni and cook until tender, 6 to 8 minutes. Drain.
3. Combine cooked macaroni, tuna, eggs, celery, and carrots in a large bowl.
4. Stir together salad dressing, onion, and pepper.
5. Pour dressing over salad and toss. Chill until ready to serve.

TIPS:

- Serve with green salad or vegetable soup, and fruit slices.
- Great for a picnic. Be sure to keep it cold.

