

Carrot

Growing & Harvesting

Grow. Plant seeds directly into soil in full sun 2-3 weeks before last frost. Plant ½-inch deep, ½-inch apart, and in rows 12-18 inches apart. Water lightly each day until seeds germinate. Then, water 1-2 inches of water per week. For more growing information, look for the MontGuide, *Planting a Successful Home Vegetable Garden*, at www.msueextension.org or contact your Extension office.

Harvest. Pick when roots are 1-2 inches thick. Carrots can be left in the ground until needed. Even mature carrots will retain their quality.



Selection

Look for firm, plump, carrots without cracks.

Storage

Carrots lose moisture through their leafy green tops, so remove the tops before storing. Clean, dry carrots will keep in the refrigerator in a loosely tied or knotted plastic bag for up to 2 weeks.

Nutrition Information

Most vegetables are rich in fiber and phytochemicals, but provide negligible amounts of saturated fat, *trans* fat, cholesterol, and sodium and are gluten-free. Carrots are high in Vitamin A and potassium, with 27 calories per half-cup serving.

Uses

Boil or Steam. Slice carrots into 1/4- to 1/2-inch coins and place into steamer or pan of boiling water. Steam or boil about 5-8 minutes or until tender.

Chop. Add chopped carrots to stews, soups, or pot roasts.

Grate. Add raw, grated carrots to green salads, muffins, cookies, meat loaf, meatballs, or spaghetti sauce for added nutrients.

Microwave. Slice carrots into 1/4- to 1/2-inch coins and place in a microwavable dish with three tablespoons of water. Cover with plastic wrap and microwave on high for 4-5 minutes or until tender.

Raw. Rinse, peel, and eat carrots whole or cut into carrot sticks to enjoy plain or with a low-fat dip.

Roast. Chop carrots into 1/4- to 1/2-inch sections, place in plastic bag and shake with olive oil and desired seasonings. Spread on baking sheet and roast at 400°F for 20-30 minutes or until crisp. Roast with other vegetables, such as potatoes, broccoli, asparagus or cauliflower.

Season. To enhance flavor, season with allspice, basil, caraway seed, cloves, cinnamon, curry powder, dill weed, ginger, marjoram, nutmeg, tarragon, or thyme.

Preserve. For information on preserving carrots, look for MontGuides: *Drying Vegetables*; *Freezing Vegetables*; and *Home Canning Pressures and Processing Times*. Visit www.msueextension.org/nutrition and click on the food preservation link or contact your Extension office.

Food Safety Tips

1. **Clean.** Wash hands and food contact surfaces before and after preparation.
2. **Chill.** Keep produce and food cool and chill promptly.
3. **Separate.** Keep produce and food separate from raw meats and eggs.
4. **Cook.** Cook food to a safe temperature.

Questions? Click on www.foodsafety.gov

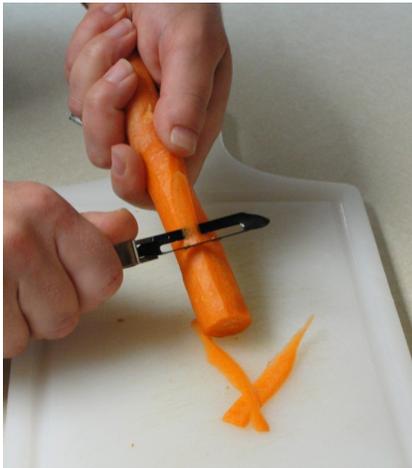
Preparation: Step-by-Step



Wash hands. Thoroughly scrub carrots with a brush to remove dirt and sand.



Remove the ends of carrots prior to preparation.



If desired, peel carrots with a vegetable peeler or knife after washing. Shave the carrot lengthwise to create thin strips or ribbons.

For More Information:

Montana State University Extension: www.msuxextension.org
MSU Extension Master Gardener: www.mtmastergardener.org
MSU Extension Food and Nutrition: www.msuxextension.org/nutrition
MSU Extension Nutrition Education Programs: www.buyeatlivebetter.org

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Depending on the recipe, slice into 1/4- to 1/2-inch thick coins, dice into 1/8- to 1/4-inch uniform pieces, or grate.

Information Courtesy of:

Fruits & Veggies More Matters. (2012). Carrots: Nutrition. selection. storage. <http://www.fruitsandveggiesmorematters.org/carrots>
Spice Advice. (2013). Spice usage tips. <http://www.spiceadvice.com/news/usage/chart.html>
University of Illinois Extension. (2013). Carrot. *Watch Your Garden Grow*. <http://urbanext.illinois.edu/veggies/carrot.cfm>