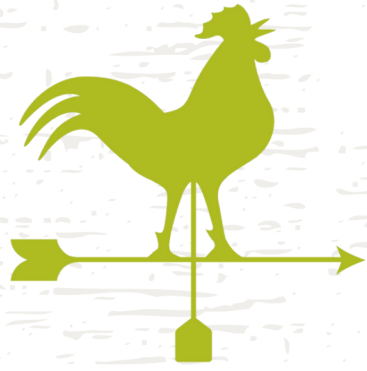


# C A R R O T S



## ROGUE VALLEY FARM TO SCHOOL Harvest of the Month



### **DID YOU KNOW?**

We often associate carrots with the color orange, but the first carrots were actually purple or white! Carrots come in a wide variety of colors and each has a slightly different and unique flavor.

# VEGAN TAHINI-GLAZED CARROT COINS

Carrots are a classic kid-friendly vegetable and are available all year round! Carrots can be enjoyed in so many ways: grated raw in a summer salad, steamed as a side dish, roasted in a high heat oven - there are so many possibilities! However, carrots (as well as many other orange and red vegetables) actually provide more nutrition when they are cooked. This is due to carrots being a rich source of that key pro-vitamin, *beta-carotene*. Cooking carrots helps to release this vitamin from the plant tissues and helps your body absorb it. Try this simple, yet satisfying, vegan carrot recipe this week and give your eyes a boost!

**How to store them:** To keep your carrots longer, first trim the carrot tops from your roots. Carrots can store for several weeks in a cool, dark place. If you are thinking of growing carrots in your home garden this fall, they can actually be left in the ground all winter long for you to harvest and use as needed.

## Ingredients:

- 1 bunch carrots (about 8 carrots), trimmed and peeled
- 2 Tbsp extra-virgin olive oil
- ½ tsp sea salt
- ½ tsp cumin, ground

## *Tahini Glaze*

- ⅓ cup extra-virgin olive oil
- ¼ cup Tahini
- 1 lemon, juiced
- 3 Tbsp maple syrup
- ¼ tsp sea salt
- ¼ tsp ground cayenne



## Kitchen Tools:

- Measuring cups & spoons
- Cutting board
- Knife (ask an adult for help!)
- Baking sheet
- Spatula/fork for flipping roasting carrots
- Medium bowl
- Mixing spoon



## Instructions:

1. Preheat oven to 425 degrees F.
2. Prepare carrots by cutting into coins and spreading them on baking sheets into a single layer. Drizzle with olive oil and sprinkle with salt.
3. Roast them for about 10 - 15 minutes. Flip them and continue to cook another 10 - 15 minutes or until tender and golden brown around the edges. Smaller carrot pieces will need less time to cook.
4. To prepare the glaze: In a medium bowl, add in your tahini, lemon juice, maple syrup and spices. Slowly start to pour in olive oil while stirring until creamy and well-mixed.
5. Serve roasted carrot coins with a drizzle of homemade tahini glaze for a yummy side dish.

## **Want more flavor? Try adding a few Carrot Flavor Companions:**

Butter, Chervil, Chile Peppers, Cinnamon, Coriander, Dill, Ginger, Honey, Lemon Juice, Lime Juice, Maple Syrup, Mint, Olive Oil, Orange Juice, Parsley, Parsnips, Fleur de sel, Sugar, Tarragon, Thyme

**Nutrition Facts: Makes 6 servings, Per Serving:** 278 calories, 24 g fat, 358 mg sodium, 17 g carbohydrate, 3.2 g fiber, 10 g sugar, 2.5 g protein.



ROGUE VALLEY FARM TO SCHOOL  
Harvest of the Month





# Recipe

**Dish** Sunshine Carrot Dip

**Prep time** 5

**Cook time** 30

**Serves** 10

**Total time** 35

## Ingredients

- 5 carrots
- 1 Tbsp olive oil
- 2 cloves garlic
- 2 tsp cumin seeds
- 1 Tbsp honey
- 2 tsp thyme leaves
- 1/4 cup lemon juice

## Directions

1. Peel carrots.
2. Steam carrots until fork tender (15-20 minutes).
3. Toast cumin seeds and garlic. Puree with carrots, honey and lemon until smooth and fluffy.
4. Serve with carrots or chips!



# CARROT SCIENCE!

What is a carrot? It is a delicious, crunchy vegetable – but it is also a plant! All plants have different parts, just like we have different body parts. Plants have roots, stems, leaves, flowers, fruits and seeds. Which plant part is that yummy orange (or red, purple, yellow or white) carrot? Let's do a science experiment to solve this mystery!

## Materials:

- 2 Carrots
- Sharp knife
- Cutting board
- Clear glass or jar
- Water
- Red food coloring



## Experiment #1:

1. Fill a glass half full with water.
2. Cut the end tip off of a carrot (1-2 inches long). *Ask an adult for help with this step!*
3. Put the carrot in the glass of water.
4. Put the glass near a window that lets in sunshine.
5. Watch the carrot for a few days and record your observations.

**What Is Happening?** Do you see new little hairs coming from the sides of your carrot? Those are roots! The carrot itself is also a root – a special type called a *taproot*. Taproots are large roots that grow straight into the ground. Some trees, plants and bushes have a major taproot; others do not. Why do plants need roots and why do carrots need all those little extra roots on the sides? Try Experiment #2 and see if you can figure this out!

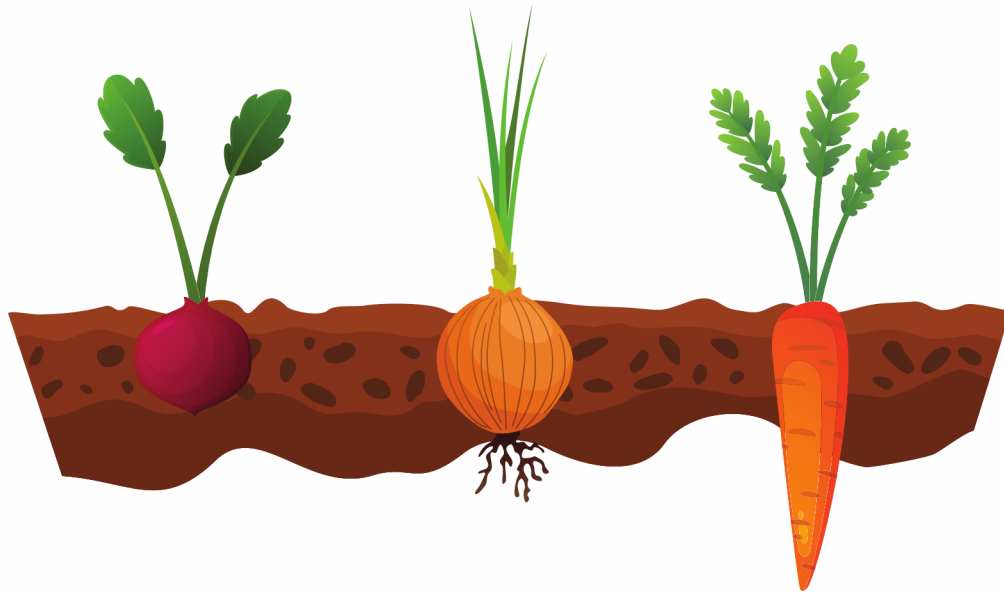


# CARROT SCIENCE!

## Experiment #2:

1. Repeat the first experiment with a new carrot, but this time put 10 drops of red food coloring into the glass of water.
2. Put the carrot in the water for several days.
3. After a few days, take the carrot out of the glass and place it on a cutting board. With the help of an adult, cut the carrot in half lengthwise. Look inside. You should see red coloring in the tubes of the carrot that go from the bottom to the top of it.

**What Is Happening?** How did the red color get inside those little tubes in your carrot? *Hint: What do plants (and all living things) need to survive?*



*Answer: Water was being absorbed by the bottom or tip of the carrot and traveling up the inside of the carrot. This is how plants and trees get water from their roots and bring it up to their stem, leaves, fruits and flowers!*



ROGUE VALLEY FARM TO SCHOOL  
Harvest of the Month