

## Vegetable of the Week - Carrots



### **When are carrots in season?**

Mid-July through October

### **What to look for in fresh carrots:**

Carrots that are smooth, firm, evenly shaped with a bright orange color. Avoid carrots that are shriveled, rough, cracked, or with green tops.

### **How do I store carrots?**

Remove greens from top of carrot for storage, leaving stem end. Store in the refrigerator, wrapped in plastic. Use within 1-2 weeks.

### **How do I prepare carrots?**

Wash well. Carrots can be eaten raw, however scrub them or peel first. For cooking, cut and boil, steam, or microwave. Boil or steam for about 15-30 minutes. Microwave for about 6-8 minutes. Microwaving or steaming preserves nutrient value. Caution: Do not feed carrot slices to children under age 3. Be sure to cut them into smaller wedges for them to prevent choking. 7 to 8 raw = 2 cups cooked.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?





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## STEPS TO A HEALTHIER YOU

### Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

#### Recipe

#### Carrot and Raisin Sunshine Salad



- 1 pound carrots, (5-6) peeled and grated
- 1/2 cup of raisins
- 1 carton (8-ounce) low fat vanilla yogurt
- 4 to 6 iceberg lettuce leaves

1. Mix all ingredients together, except lettuce leaves, in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes.
2. Toss again before serving.
3. Serve on lettuce leaves. Enjoy!

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.