

CARROTS

Thanks to their colors and nutritional value, carrots will brighten your plate as well as your health this winter.

season:

Harvested in Northern Nevada and Northern California primarily from late October to June, these hardy root vegetables are available year round.

at the market:

Look for brightly colored, fresh-looking carrots with green tops, free of bruises and rot. If packaged in bags, make sure carrots do not have cracks or long root hairs.

store:

Remove the leafy green tops immediately as they can rob the freshness from the root. Store up to two weeks in the refrigerator. Carrots that have gone limp can often regain their crunch by being placed into ice water.

wash:

A fresh carrot does not need to be peeled. Just give it a good rinse or scrub it with a vegetable brush in cold water.

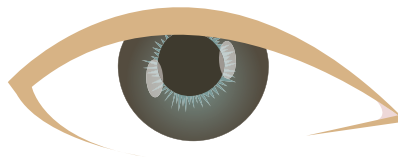
cook:

Carrots can be steamed, boiled, baked, roasted, and grilled. Avoid overcooking; carrots are best served al dente. Of course, for a healthy snack just rinse and serve.

Fact or Fiction:

Will eating carrots improve your vision?

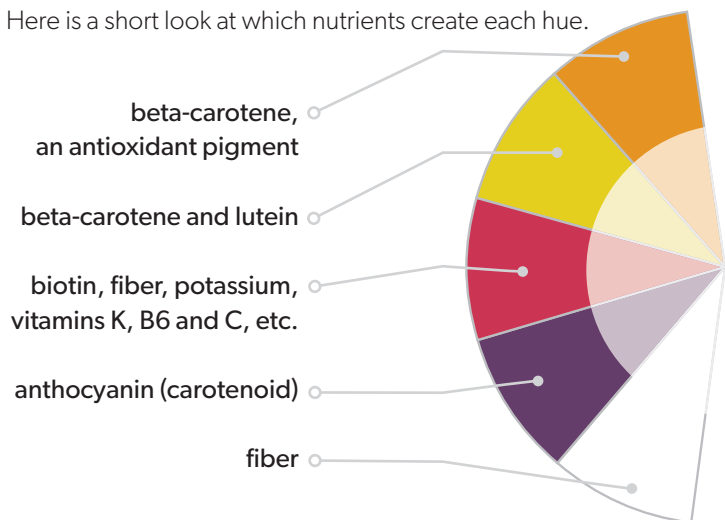
ANSWER: Yes ... and no.



According to the American Academy of Ophthalmology, carrots have high amounts of vitamin A, a nutrient essential to maintaining healthy eyesight. However, while eating foods rich in vitamin A can help you maintain good eyesight, and possibly avoid age-related eye disease, it won't improve your vision or keep you from needing glasses.

EAT THE RAINBOW

Carrots come in a variety of colors and all are packed with nutrients. Here is a short look at which nutrients create each hue.



SOURCE: "Reasons Why Carrots (of All Colors) Are Healthy For You," 2021, Cleveland Clinic

What's in a Carrot?

Carrots are an excellent source of beta-carotene, which the body converts to vitamin A, an important antioxidant for vision and immune health.

California grows roughly

80% of the carrots produced annually in the U.S.



The domestic carrot originated in the Central Asia area once known as Persia (known today as Iran and Afghanistan).

In 1609, English immigrants to the New World started cultivating carrots in their first city of Jamestown, Virginia.

Carrot-inspired EDIBLE RECIPE

ROASTED CARROT-GINGER SOUP

Makes about 8 cups

- 1½ pounds carrots, cut into chunks
- ½ pound fennel bulb, cut into chunks
- 1 large onion, cut into chunks
- 3 large cloves garlic
- 2 tablespoons extra virgin olive oil
- 1 teaspoon freshly grated ginger
- 1 teaspoon kosher salt

Preheat oven to 425 degrees F.

On a large, rimmed, foil-lined baking sheet, toss the carrots, fennel, onion, and garlic with the oil. Roast until the vegetables are brown in spots, 15–20 minutes.

While the vegetables are roasting, bring 6 cups of water to a boil in a large, heavy pot. When the vegetables are done, add them to the pot and simmer, covered, until very tender, 10–12 minutes.

Remove pot from heat. Purée until smooth with an immersion blender or in small batches in a blender.

Stir in the ginger and season with up to 1 teaspoon of salt.

ORANGE you ORANGE?

Eating too many carrots can cause your skin to turn orange. This temporary discoloration is caused by the beta-carotene in the carrots and usually only occurs after one consumes an abnormally high amount. Your skin should quickly return to normal.

SOURCE: RWJ BarnabasHealth, Livingston, NJ



Carrots are the sixth-most-consumed fresh vegetable in the U.S. and hold the largest market share of all crops in the organic sector.

SOURCE: U.S.D.A. Agricultural Research Service <https://go.usa.gov/xJrKg>

