



Carrots are the Harvest of the Month!

Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose smooth and firm carrots with a deep color and fresh, green tops.

Store – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

Prepare – Scrub under running water to remove dirt. Peel if desired.

Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!
#WlHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Carrot Fries

10 Servings 1/2 cup

Ingredients:

- 2 Pounds carrots
- 2 teaspoons oil
- 1/8 teaspoon salt
- 2 dashes black pepper

Flavor Variations (choose one)

- Add 2 dashes ginger
- Add 2 dashes oregano, dried, 2 dashes garlic, granulated
- Add 1 dash cumin, 1 dash chipotle powder, 1 dash chili powder
- Add 2 teaspoons lemon juice, 1/2 teaspoon fresh parsley

Directions:

1. Wash hands.
2. Preheat oven to 425 degrees.
3. Line baking sheet with parchment paper.
4. Wash carrots well, remove dirt, trim, peel and cut into uniform size.
5. Place carrots in a bowl.
6. Add Salt, Pepper and Spices to oil, drizzle over carrots and toss to coat.
7. Place carrots on the baking sheet.
8. Bake for 20-25 minutes turning halfway or until fries are golden brown and crispy.

Per serving: 30 calories, 1 g fat, 0 g protein, 6 g carbohydrate, 2 g fiber, 80 mg sodium

Source: laxf2s.org



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