

Carrots Carrots Carrots Carrots Carrots



Family Fun Page!!



Don't Throw Out Those Carrot Tops!

Plants have many different parts: Roots, stems, leaves, fruit, flowers, and seeds. Carrots are root vegetables; they grow under ground. But, you can eat the tops of the carrot too — the leaves.

Carrot tops often get thrown out, but they can be a great green to add to many dishes:

- ◆ Salads
- ◆ Pesto
- ◆ Soups
- ◆ Blanched
- ◆ Sautéed
- ◆ Homemade Stocks



Carrot tops are a great source of vitamin C, calcium, and potassium. Like other leafy greens, they're a good source of vitamin K, which is important for

Kitchen Korner!

CARROT TOP SALAD

6 cups carrot greens
1 Tbsp minced garlic
Red pepper flakes (optional)
Equal parts balsamic vinegar and low sodium soy sauce to taste

- ◆ Blanch carrot tops by putting in boiling water for 1-2 minutes, then immediately putting in ice water.
- ◆ After greens cool, place on paper towel to drain and season to taste

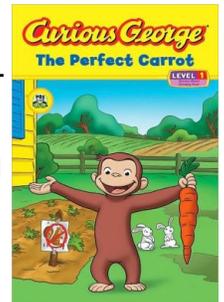
Recipe: <https://food52.com/>



MAKE IT WITH THE KIDS!

Curious George: The Perfect Carrot

Will Curious George be able to grow the perfect carrot? Find out when you read along with the video at: <https://www.youtube.com/watch?v=ECqifJqgULQ>



Go on a fun adventure with Curious George and the man with the yellow hat...and help children learn how carrots grow and how tasty they are to eat.

With the help of the man with the yellow hat, Curious George plants and grows carrots in his very own garden. When his carrots are finally ready to be pulled from the ground, George decides that his prize carrot is too perfect to eat. Then George finds his friend Bill's pet bunnies lost and hungry. He decides to share his carrot to help the bunnies.

This book is the perfect companion to planting a garden or snacking on carrots. Read the book, plant some carrots, then taste some carrots together...maybe with a dip! Try this homemade take on ranch dip with fresh carrots:

1/3 cup mayonnaise
1/3 cup nonfat plain yogurt
1/4 teaspoon dill weed
1/2 teaspoon celery salt
2 tablespoons low fat or skim milk

- ◆ In a small bowl, stir together the mayonnaise, yogurt, dill, celery salt, and milk. Blend until creamy.
- ◆ Pour into a jar or bottle with a tightly fitting lid. Screw on the lid and shake well.
- ◆ Chill in the fridge for about 1 hour before serving with cut-up carrots.

Recipe: University of Rhode Island SNAP-Ed



Great Ways to Serve Carrots

We asked the experts to share their favorite carrot tips. These are some of the best:

- ◆ **Slaw:** Make a sweet carrot coleslaw with a light vinaigrette.
- ◆ **Roasted:** Roast sliced carrots in the oven with oil, lemon, and dill
- ◆ **Soups:** Add sliced carrots into soups to add bulk and a healthy dose of fiber.
- ◆ **Baking:** You can use shredded carrots for a classic like carrot cake, or a new twist like carrot muffins or carrot cake cookies
- ◆ **Pickled Carrots:** Use on sandwiches, salads, or as a garnish. See instructions here <https://www.foodandwine.com/recipes/quick-pickled-carrots>
- ◆ **Cheese sauce:** Add some pureed carrot into a cheese sauce for an extra nutritional punch.



Make Carrot Hearts

Who says you can't play with your food? Help your children make little hearts out of baby carrots for a snack

Click this link for instructions: <https://easylunchboxes.smugmug.com/The-Best-Lunchbox-System/Lunch-box-easy-lunch-boxes/i-hWMZWfP/A>

Safety First:

Adults should do the cutting. Let kids tackle the assembly.



COOKING WITH CHILDREN — PART 1

Children are more likely to try new foods and enjoy more variety if they are involved in preparing them.

Teaching kids how to cook teaches them rewarding skills they will use throughout life. Cooking allows kids to develop skills in math and reading, but also an interest in how things grow and how to nourish our bodies.



Here are a few things to consider when sharing the kitchen with your kids:

Plan – Keep stress low. Plan out the time that you are going to cook with children. Break things up into individual tasks that can be done over a few days:

- Pick the recipe
- Make the grocery list
- Go to the store
- Cook!

Snacks – It is easier to cook when you aren't "hangry." Have a quick, healthy snack before jumping into a recipe. A few whole-grain crackers with peanut butter, or carrot sticks and cottage cheese are great options.

Safety – Are the countertops high? Is it easier to work on the kitchen table? Are there steps in the recipe that need an adult? What part of the recipe involves cooking on the stovetop? These are all great questions to ask yourself before you start cooking.

Wash – Wash hands before you cook and throughout the time when you are cooking. When you see children touch their hair or scratch their nose, gently remind them of the germs that live on our skin and that we don't want those germs to get into our food. To keep foods safe and avoid illness, be sure to wash all food preparation surfaces with hot, soapy water before beginning to cook.

Source: Maine SNAP-Ed