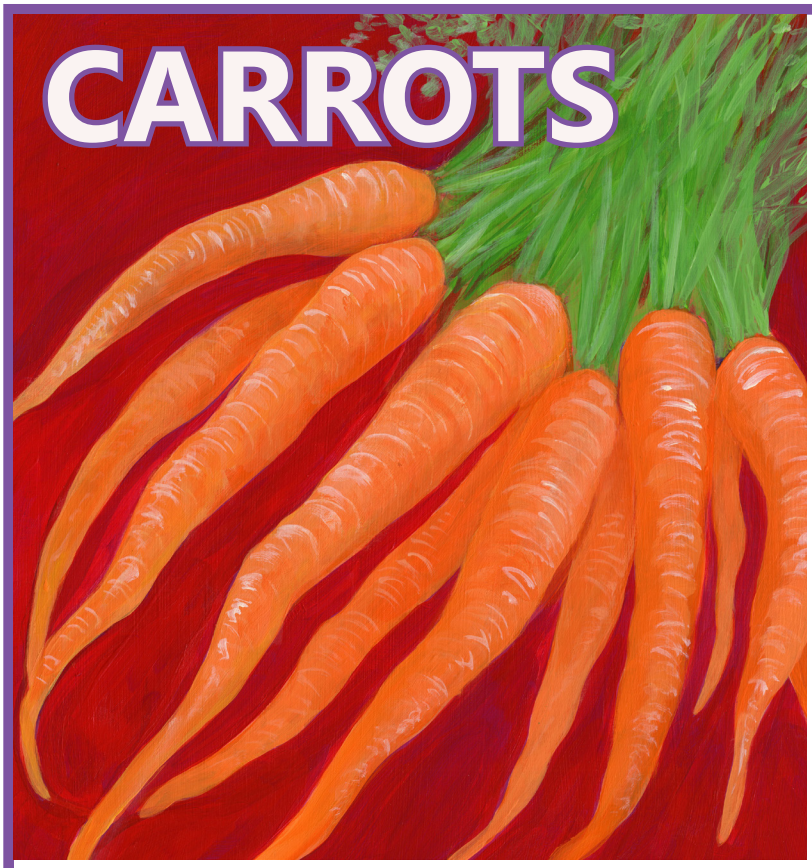
Harvest of the Month



Literature Links

- *Amelia's Road,* by Linda Jacobs Altman and Enrique O. Sanchez
- *Too Many Carrots*, by Katy Hudson
- *Perfect Soup*, by Lisa Moser

Local Highlight

Local farms with good draining soil are able to plant carrots in the summer and harvest them in fall and winter.

Check out our video about carrots and Green Spiral Farm:

hcoe.org/nutrition/hotm

Joke Corner

What did the carrot say to the beet during the big game?

I'm rooting for you!

What do you call a carrot with corners?

A square root!

Why are carrots never lonely?

They always come in bunches!

Harvest of the Month™

HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

CalFresh 1-877-410-8809

Harvest of the Month

CARROTS

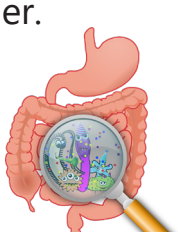
Dacus carota

Spanish: las zanahorias
Hmong: zaub lauj

Nutrition Power

Carrots are an excellent source of vitamin A and fiber.

Vitamin A
helps your vision!



Fiber
helps your digestion!

History

The first carrots were actually purple or white in color and native to Iran and Afghanistan. The orange vegetables we know today were developed after a genetic mutation caused purple carrots, which have a yellow-orange core, to lose their color and turn a solid orange. This orange carrot was bred selectively over the centuries to reduce bitterness, increase sweetness and minimize the woody core.

Did You Know?

- ☐ Plant part we eat: ROOT
- ☐ You can find carrots in shades of white, yellow and purple in addition to orange.
- ☐ Carrots are one of the best sources of vitamin A which is good for your bones, teeth, vision, and skin.
- ☐ Carrot seeds are tiny! Around 2,000 seeds will fit into one teaspoon!
- ☐ Baby carrots aren't what they seem. They are actually made from large carrots that have been rolled over blades, tumbled, and rubbed down until they are short, round-ended baby carrots.