Harvest of the Month

CARROTS

TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. TASTE a carrot.
2. MAKE a dish with carrots using the recipe and ingredients provided.
3. LEARN about carrots with the information below.

Fun Facts

- The first carrots originated in Iran and Afghanistan around 5,000 years ago. They were actually purple or white in color, not orange!
- Baby carrots aren't what they seem! They are actually made from large carrots that have been cut, tumbled, and rubbed down until they look like small "baby" carrots.
- The longest carrot ever grown measured over 20 feet!
- Carrots are one of the best sources of vitamin A which is good for your bones, teeth, vision, and skin.

Local Connection

Chelsey and Graham Gagne of Green Spiral Farm grow a wide variety of organic vegetables on 17 acres in the Arcata Bottoms. They produce beautiful carrots during much of the year. They also offer a pumpkin patch and corn maze in October!

HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

CalFresh 1-877-410-8809

Got CalFresh? Be sure to reach out to DHHS or one of the many community partners if you ever have a question about the program. Family Resource Centers and Food For People are wonderful resources.