

Carrots

The health benefits of carrot include reduced cholesterol, prevention from heart attacks, warding off certain cancers and many others. This root, which has a scientific name of *Daucus Carota*, is a good source of antioxidant agents as well. Carrots are rich in vitamin A, Vitamin C, Vitamin K, and potassium.



TIPS:

Short-term Storage: Carrots need a cold humid place to keep well. Store in plastic in the refrigerator.

Long-term Storage: Store in freezer in soups, stews, or any other cooked form. Try pureeing cooked carrots and freezing that way.

General Cooking Info: Dice fine for the base for a sauce, shred or slice into salad. Eat raw carrots as a snack. Summer carrots tend to be less than sweet at best, so they are better off cooked than eaten raw, as the cooking process enhances sweetness.

Growing info: Carrots are grown all year here at the farm. We start sowing carrots outside in April and keep sowing until July. This year, we'll try to grow carrots in our new high tunnel to get early carrots in late May or June hopefully.

Common Problems: Having a very rocky soil, our carrots can have quite interesting shapes! They seem to do okay on the most part finding their way around all of the obstacles in the soil. Summer carrots are hard to get to taste tender and sweet as the heat can stress them out. That's why in the summer, your carrots may not be so great raw, but do very well in a cooked form. Rabbits, voles, and mice chew on the tops of roots, and you will most probably see evidence of this. Just cut away any chewed up parts and feel happy that you were able to share with the cute little critters of the garden!

Roasted Carrots

Ingredients

- 12 carrots
- 3 tablespoons good olive oil
- 1 1/4 teaspoons kosher salt
- 1/2 teaspoons freshly ground black pepper
- 2 tablespoons minced fresh dill or parsley

Directions

Preheat the oven to 400 degrees F.

If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally in 1 1/2-inch-thick slices. (The carrots will shrink while cooking so make the slices big.) Toss them in a bowl with the olive oil, salt, and pepper. Transfer to a sheet pan in 1 layer and roast in the oven for 20 minutes, until browned and tender.

Toss the carrots with minced dill or parsley, season to taste, and serve.

Foodnetwork.com

Orange glazed carrots

- 1 pound baby carrots
- 1/4 cup orange juice
- 3 tablespoons brown sugar
- 2 tablespoons butter
- 1 pinch salt

Directions

Place carrots in a shallow saucepan, and cover with water. Boil until tender. Drain, and return carrots to pan.

Pour orange juice over carrots, and mix well. Simmer over medium heat for about 5 minutes. Stir in brown sugar, butter, and salt. Heat until butter and sugar melt.

Creamy Carrot Soup

Ingredients

- 1 cup chopped onion
- 1/4 cup butter, cubed
- 4 1/2 cups sliced carrots
- 1 large potato, peeled and cubed
- 2 (14.5 ounce) cans chicken broth
- 1 teaspoon ground ginger
- 2 cups heavy whipping cream
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions

1. In Dutch oven, sauté onion in butter until tender. Add carrots, potato, broth & ginger. Cover and cook over medium heat for 30 minutes or till vegetables are tender. Cool for 15 minutes.

2. Transfer to a blender or food processor in small batches; cover & process until smooth. Return all to the pan; stir in the cream, rosemary, salt & pepper. Cook over low heat until warm.

Allrecipes.com

Carrot Cake III

Ingredients

- 4 eggs
- 1 1/4 cups vegetable oil
- 2 cups white sugar
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups grated carrots
- 1 cup chopped pecans

1/2 cup butter, softened
8 ounces cream cheese, softened

- 4 cups confectioners' sugar
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan.

2. In a large bowl, beat together eggs, oil, white sugar and 2 teaspoons vanilla. Mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots. Fold in pecans. Pour into prepared pan.

3. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.

4. To Make Frosting: In a medium bowl, combine butter, cream cheese, confectioners' sugar and 1 teaspoon vanilla. Beat until the mixture is smooth and creamy. Stir in chopped pecans. Frost the cooled cake.