

# Carrots



Harvest  
of the  
Month

Farm to School  
ventura county

# December: Carrots

From the farm and garden...



...to the cafeteria and market...



...to your salad bar and kitchen...



...to your plate and lunch tray!



Harvest  
of the  
Month



VUSD  
Food and Nutrition Services

Farm to School  
ventura county



# Harvest of the Month

## December: Carrots

*Grown by*

## The Abundant Table



### Farmer Story

The Abundant Table is a grassroots, nonprofit organization that seeks to change lives and systems by creating sustainable relationships to the land and local community. Their 5-acre sustainable farm in Camarillo supports a farm-to-school program, agricultural and nutrition education, and CSA. The Abundant Table began supplying carrots for Ventura Unified School District in 2010. They are an active member of the VC Farm-to-School Collaborative, providing education and produce, including delicious carrots. They see how linking education and produce between farm and schools strengthens our community's health and economy.

**Photo:** Farmers Guadalupe & Reyna

The star on map shows an approximate location of the farm.

### Carrot Fun Facts

- ◆ In the 17th century western carrots first appeared in the Netherlands. Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family.
- ◆ The human body turns beta-carotene into vitamin A, and carrots are one of the best sources for beta-carotene. Vitamin A is important for the health of our vision as well as our bones, teeth and skin.





# The Roots of **Carrot** History

- ❖ **Carrots** originated in central Asia, near Afghanistan, several thousand years ago. Ancient ancestors of the modern **carrot** were not yellow-orange, but of purplish colors ranging from lavender to almost black. The yellow root came from a mutant variety that lacked the purple pigment.
- ❖ Purple and yellow varieties spread west to the Mediterranean, where ancient Greeks and Romans used them for medicinal purposes.
- ❖ In the 14<sup>th</sup> century, **carrots** arrived in China, which is now the world's leading **carrot** producer.
- ❖ Around the 1600s, the purple variety nearly became extinct, and the yellow variety was introduced to American and Japan.
- ❖ The high beta carotene content of **carrots** was discovered in the 19<sup>th</sup> century. During World War II, the British worked to develop a variety of higher beta carotene **carrots** to help aviators see better at night.



Roman Wall  
Painting





# Just the Facts

- ✓ The average person eats 17 pounds of **carrots** per year.
- ✓ **Carrots** contain about 90% water.
- ✓ Most baby-cut **carrots** are made from large **carrots** that have been peeled and trimmed. The trimmings are used in salad mixes, juices, and other **carrot** products.
- ✓ The **carrot** was one of the first vegetables to be canned in the early 1800s.
- ✓ The orange **carrot** was developed in Holland as a tribute to William I of Orange during the Dutch fight for independence from Spain in the 16<sup>th</sup> century.



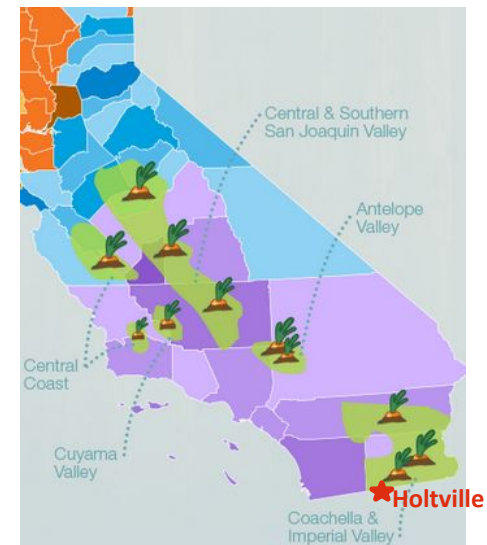
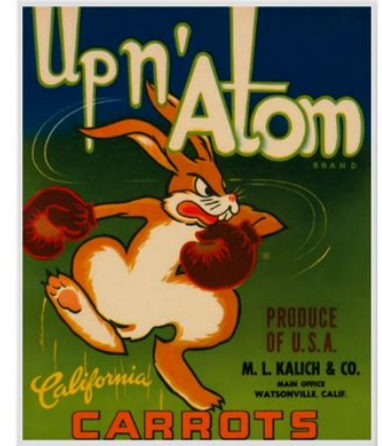
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William I

# Home Grown Facts

- California ranks first nationally in the production of **carrots**.
- **Carrots** rank among California's top 25 agricultural exports and top three among vegetables.
- Baby-cut peeled **carrots** account for more than 35% of California's **carrot** production and 70% of the total acreage.
- Holtville, California is known as the “**Carrot** Capital of the World.”
- There are over 70,000 acres growing carrots right now!
- There are four main **carrot**-producing regions in California: Southern San Joaquin Valley/Cuyama Valley, Southern Desert, Central Coast, and High Desert.





## Reasons to Eat Carrots

A ½ cup of fresh or cooked **carrots** is:

- An excellent source of **vitamin A**, providing more than 200% of the recommended Daily Value.
- A good source of **vitamin K**.
- A source of **vitamin C**, **fiber**, and **potassium**.





# Comparative Carrot Tasting



1. **Wash hands & put on gloves.**
2. **Serve 1 piece of orange carrot and 1 piece of colorful (yellow or purple) carrot to each student and conduct a mindful-eating tasting.**
  - *Use the next slide to compare & contrast the flavor, texture & appearance of the different colored carrots using all 5 senses.*
  - *How are they the similar? Different? Share out adjectives to describe your tasting experience!*
  - *Don't Forget to Rate the Taste!*






**Were students trying the carrots for the first time? Did they like the carrots?**

- *Survey the class and fill out the simple survey [here](#)! Just click on your district at the bottom of the page. Find your class and input your students' preference.*



# Carrots Five Senses Tasting!

Use adjectives to describe how your carrots.....

- Looks  My carrot looks \_\_\_\_\_.
- Smells  My carrot smells \_\_\_\_\_.
- Feels  My carrot feels \_\_\_\_\_.
- Sounds  My carrot sounds \_\_\_\_\_.
- Tastes  My carrot tastes \_\_\_\_\_.

**ENJOY CARROTS ON YOUR SALAD BAR!**

Try this **Carrot** recipe on the lunchtime cafeteria **salad bar**.

This **recipe** will be served on the salad bar the **third week** in **December!**

Make this recipe at home!



# Harvest of the Month

## Carrots

December



VUSD Artists (left to right): Scott W., Faith C., Reggie C., & Samara O.

### Winter Carrot Citrus Salad

#### Ingredients

- 2 cups carrot, shredded
- 1 cup green apple, medium-diced
- 1 cup green cabbage, shredded
- $\frac{1}{2}$  cup plain, low-fat yogurt
- $\frac{1}{4}$  cup orange juice, freshly squeezed
- 2 teaspoons orange zest
- $\frac{1}{4}$  cup dried cranberries

#### Directions

- Shred the carrots and cabbage. Medium dice the green apple.
- Whisk together the yogurt, orange juice, and zest.
- Combine carrot mixture with yogurt dressing.
- Sprinkle dried cranberries on top.
- Serve immediately and enjoy!
- Yields eight 1/2-cup servings.

**Nutrition Facts:** 60 Calories, 0 g Fat, 2 mg Sodium, 144 mg Potassium, 16 g Carbohydrates, 3 g Fiber, 0.5 g Protein, Vitamin A 23 % DV, Vitamin C 12% DV