



Harvest
of the
Month

Growing a Healthy Wisconsin

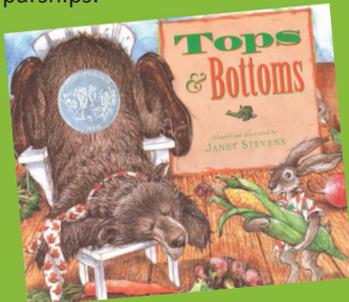
Carrots

FAMILY NEWSLETTER



Did you Know?

- Just 1 medium carrot gives your body twice the vitamin A it needs in a day!
- We usually see orange carrots, but you can also grow purple, red, yellow and white carrots.
- Wisconsin is one of the top carrot-growing states in the country.
- The edible portion of a carrot is grown underground. Therefore carrots are a root vegetable and are related to celery, fennel and parsnips.



Read together

- ***Tops & Bottoms*** by Bruce Janet Stevens (ages 6-8)
- ***When Vegetables Go Bad*** by Don Gillmor (ages 6-10)
- ***Muncha! Muncha! Muncha!*** by Candace Fleming (ages 6-8)

Why eat carrots?

Sweet, crunchy carrots are rich in many vitamins and minerals. They are loaded with vitamin A and beta carotene which are very important for bone and skin health, fighting infection and healing, and vision.



Ways to eat carrots

- Eat whole or baby carrots raw
- Toss diced carrots into your favorite salad, stir-fry or soup
- When baking, add shredded carrots to breads or muffins
- Boil carrots with potatoes for a sweet twist on traditional mashed potatoes

What did the rabbit
say to the carrot?

It's been nice
gnawing you.



In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

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Growing a Healthy Wisconsin



Buy fresh, buy local

Although Wisconsin carrots are harvested in the late summer/early fall, they are available most of the year because they can be stored all winter.

Want to volunteer?

Opportunities for volunteers to assist with the Brown County Farm to School Initiative include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218
Farm to School Coordinator
Email: Ashley@live54218.org
Phone: (920) 593-3401

Learn more at live54218.org

Bake together...

Harvest Muffins

- | | |
|-----------------------|-------------------------|
| ¼ cup canola oil | 1 cup whole wheat flour |
| ½ cup brown sugar | ¾ cup flour |
| 1 egg | 2 tsp. baking powder |
| ¾ cup applesauce | 1 tsp. cinnamon |
| 1 cup grated carrots | ½ tsp. nutmeg |
| 1 cup grated zucchini | ½ tsp. salt |

Preheat oven to 400F. In large bowl, whisk oil and sugar. Beat in egg. Add applesauce. Stir in carrots and zucchini. In another bowl, whisk together dry ingredients. Fold dry ingredients into wet ingredients until just mixed. Spoon batter into muffin cups and bake 18-20 minutes or until a toothpick inserted in muffin comes out clean.

Nutrition information per muffin: 162 calories, 5.3 g fat, 27 g carbohydrates, 3 g protein, 179 mg sodium



Talk together

Help your child to better on tests by serving a variety of colorful fruits and vegetables. With Harvest of the Month, your family can explore, taste and learn about eating more fruits and vegetables and being active every day. Have your child tell you why eating fruits and vegetables is so important, and ask them to think of other ways to include carrots in family meals.

Get active together

January is a great time to take the family sledding! Walking up the hill is a great way to exercise; reward yourself by taking the sled all the way down.



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