

NUTRITION FACTS

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Serving size: ½ cup fresh Alaska Grown carrots

Amount Per Serving

Calories 25 Calories from Fat 0

% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	8%
Sugars	3g	
Protein	1g	
Vitamin A	210%	Vitamin C 6%
Calcium	2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

HEALTH BENEFITS

- A medium sized carrot contains: 25 calories, 6 grams carbs, 2 grams fiber.
- Carrots contain beta-carotene, which converts to vitamin A and provides over 200% of the recommended Daily Value (DV)*. Vitamin A is good for bone, teeth, eye, and skin health.
- Purple carrots contain anthocyanins, which act as anti-oxidants in the human body.
- Good source of fiber, vitamin C, potassium, vitamin B6, folate, and several minerals, including calcium and magnesium.

BUYING AND STORAGE TIPS

Look for firm carrots that have a smooth skin and a deep orange color. The deeper the orange color, the more beta-carotene (vitamin A) in the carrots.

Remove the leafy greens from carrots before storage. The leafy greens will suck the moisture out of the carrot during storage if left on. Store carrots in a loose plastic bag in the refrigerator crisper.

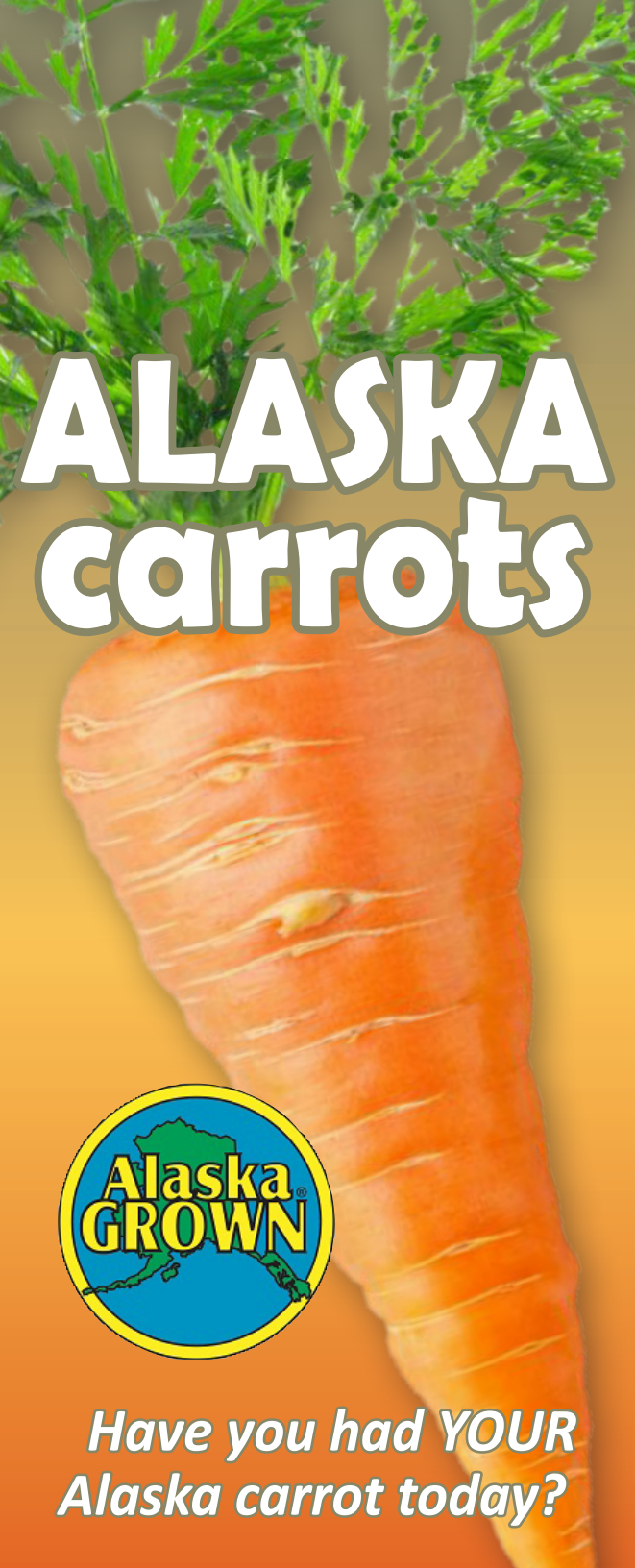


Kid Connection: Learn how to grow carrots easy by making carrot seed tape at:

http://dnr.alaska.gov/ag/FarmToSchool/Carrot_seed_tape.pdf



For more information please contact:
 Alaska Division of Agriculture
 1800 Glenn Highway, Suite 12
 Palmer, Alaska 99645
 Phone: 907-745-7200
www.facebook.com/dnr.alaskagrown



ALASKA carrots



*Have you had YOUR
Alaska carrot today?*



CARROT GINGER SOUP

Serves 4

Ingredients:

1½ pounds Alaska Grown carrots
 3 tablespoons unsalted butter
 2 cups chopped Alaska Grown white onion
 Salt
 1 teaspoon minced ginger
 2 cups chicken stock
 2 cups water
 3 large strips of zest from an orange
 Chopped chives or parsley for garnish

Directions:

Melt butter in soup pot over medium heat. Add carrots and onions, stir occasionally, until the onion softens (5-8 minutes). Don't let the onions or carrots brown. Sprinkle a pinch of salt over carrots and onions as they cook.

Add the stock, water, ginger, and strips of orange zest to the pot. Bring to a simmer, cover, and cook for 20 minutes (until carrots soften).

Remove orange zest strips from pot and discard. In small batches, pour the soup into a blender and puree until smooth. Only fill the blender ⅓ full and always keep a hand on the lid while blending.

Add salt to taste.
 Garnish with chopped chives or parsley.



Recipe courtesy:
http://www.simplyrecipes.com/recipes/carrot_ginger_soup/

3 INGREDIENT COLESLAW

Serves 4

Ingredients:

5 Alaska Grown carrots (coarsley grated)
 ¼ cup sunflower seeds
 ¼ cup oil and vinegar salad dressing

Directions:

Toss carrots and sunflower seeds in a bowl with the oil and vinegar dressing. Serve.

Recipe courtesy:
http://allrecipes.com/Recipe/Three-Ingredient-Carrot-Slaw/?prop24=hn_slide1_Three-Ingredient-Carrot-Slaw&evt19=1

GLAZED CARROTS

Serves 4

Ingredients:

1 pound Alaska Grown carrots
 (cleaned and cut into quarters)
 ⅓ cup water
 1 tablespoon Alaska Grown honey
 2 teaspoons butter
 Salt to taste
 1 tablespoon lemon juice
 2 tablespoons chopped fresh parsley
 Ground pepper to taste



Directions:

Combine carrots, water, honey, butter, and salt in a large skillet. Bring to a simmer over medium-high heat. Cover and cook until tender (5-7 minutes). Uncover and cook, stirring often, until the liquid is a syrupy glaze (1-2 minutes). Stir in lemon juice and pepper. Sprinkle with parsley and serve.

Recipe courtesy:
http://www.eatingwell.com/recipes/glazed_mini_carrots.html

FUN CARROT FACTS

- Carrots come in white, yellow, red, purple, and orange varieties.
- On average Americans eat 10½ pounds of fresh carrots per person, per year.
- Carrots are members of the parsley family, along with celery, parsnips, dill, and fennel.
- The carrot is in the top 10 of the most economically important global vegetable crops.
- Carrots were first grown as medicine for a variety of ailments.
- Carrots can be traced back 5,000 years through historical documents and paintings.

~ Alaska Fact ~

Alaska Grown carrots spend 75% of their time making sugar, and only 25% turning those sugars into starch. This makes Alaska Grown carrots much sweeter than carrots grown elsewhere.

