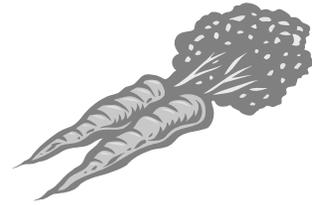


Carrots



NUTRITION:

Carrots are an excellent source of vitamin A. One cup sliced cooked carrots contains 38,300 IU (3,830 RE) of vitamin A and 70 calories.

HOW TO SELECT:

Select carrots which are well formed, smooth, bright-colored, and firm. Avoid carrots with large green “sunburned” areas at the top and roots that are flabby from wilting or show spots of soft decay.

STORAGE:

Gently wash roots, trim tops to 1/2 inch, place in perforated plastic bags and store in the refrigerator, cold moist cellar or pit. Storage life is two to four months.

DRYING:

Preparation:

- Wash
- Trim off the roots and tops.
- Cut into slices or strips about 1/4 inch thick.

Pretreatment:

- Steam blanch 3 to 4 minutes.

Drying Procedure:

- Arrange in a thin layer on trays.
- Dry at 140 degrees F for 10-12 hours until hard and brittle.

FREEZING:

Remove tops, wash, and scrape. Dice or slice 1/4 inch thick. Blanch 2 minutes and cool. Place in plastic freezer containers or freezer bags and squeeze out as much air as possible, then seal. Label and date packages, then freeze.

CANNING:

PRESSURE CAN

Prepare only as much as can be practically handled in 2 or 3 hours. The amount generally required per canned quart is 2 to 3 pounds without tops. Wash in cool water, avoid soaking. Trim and peel, do not can decayed areas.

Hot Pack: Cover sliced or diced carrots with boiling water. Bring to a boil and simmer for 5 minutes. Add 1 teaspoon salt per quart, if desired. Add hot cooking liquid or water. Leave 1 inch headspace. Wipe rims with clean cloth and seal with lid and ring. Process in a pressure canner at 10 pounds pressure for weighted gauge or 11 pounds pressure for dial gauge. Pints 25 minutes and quarts 30 minutes.

Raw Pack: Pack sliced or diced carrots tightly into jars. Add salt if desired and fill with boiling water to 1 inch from top rim. Wipe rim with clean cloth and seal. Process in a pressure canner at 10 pounds pressure for dial gauge. Pints 25 minutes and quarts 30 minutes.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

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