

# Harvest of the Month

Local Carrots are available in Washington State all year!



## NUTRITIONAL BENEFITS OF CARROTS

Carrots are a great source of Vitamin A. Vitamin A helps promote good vision at night and keeps skin healthy. Carrots are also a great source of fiber, which helps maintain normal digestive function.

### Fun Fact about Carrots

Did you know that carrots come in a variety of colors?! Next time your family takes a trip to the grocery store, be on the lookout for purple, white, yellow or red carrots. They taste just as sweet, and can be a fun new way to enjoy this delicious vegetable!

FAMILY RESOURCE

# carrots

## NUTRITION

### In The Schools

Be sure to check out the [Harvest of the Month](#) in the school cafeteria.

Check your local school district menu for the specific date.

# Harvest of the Month

Local Carrots are available in Washington State all year!



## NUTRITIONAL BENEFITS OF CARROTS

Carrots are a great source of Vitamin A. Vitamin A helps promote good vision at night and keeps skin healthy. Carrots are also a great source of fiber, which helps maintain normal digestive function.

### Fun Fact about Carrots

Did you know that carrots come in a variety of colors?! Next time your family takes a trip to the grocery store, be on the lookout for purple, white, yellow or red carrots. They taste just as sweet, and can be a fun new way to enjoy this delicious vegetable!

FAMILY RESOURCE

# carrots

## NUTRITION

### In The Schools

Be sure to check out the [Harvest of the Month](#) in the school cafeteria.

Check your local school district menu for the specific date.

# Harvest of the Month



## FAMILY RESOURCE

### HERE ARE SOME EASY WAYS TO ADD CARROTS INTO YOUR DIET:



- \* Dip carrot sticks in hummus or low-fat ranch dressing for a healthy snack.
- \* Chop carrots and add to spaghetti sauce or casseroles.
- \* Add carrots as an ingredient in a smoothie.

### Confetti Salad

This is a great side dish for any dinner entrée

*Yield: 4 servings*

#### Ingredients:

- \* 1 large carrot, peeled and grates (about 2 cups)
- \* 1 firm pear or apple, chopped
- \* 1/2 cup raisins
- \* 1 tbsp. lemon juice
- \* 1 tbsp. orange juice
- \* 1 tbsp. honey

#### Directions:

- \* Place grated carrots, chopped pear, and raisins in a medium mixing bowl.
- \* Mix lemon juice, orange juice, and honey together until honey is dissolved. Pour over grated carrots, chopped pear/apple, and raisins.
- \* Serve and enjoy!



## Carrots

CRUNCHY \* SWEET \* DELICIOUS \* ORANGE \* GOOD EYE SIGHT \* HEALTHY SKIN \* YUMMY

# Harvest of the Month



## FAMILY RESOURCE

### HERE ARE SOME EASY WAYS TO ADD CARROTS INTO YOUR DIET:



- \* Dip carrot sticks in hummus or low-fat ranch dressing for a healthy snack.
- \* Chop carrots and add to spaghetti sauce or casseroles.
- \* Add carrots as an ingredient in a smoothie.

### Confetti Salad

This is a great side dish for any dinner entrée

*Yield: 4 servings*

#### Ingredients:

- \* 1 large carrot, peeled and grates (about 2 cups)
- \* 1 firm pear or apple, chopped
- \* 1/2 cup raisins
- \* 1 tbsp. lemon juice
- \* 1 tbsp. orange juice
- \* 1 tbsp. honey

#### Directions:

- \* Place grated carrots, chopped pear, and raisins in a medium mixing bowl.
- \* Mix lemon juice, orange juice, and honey together until honey is dissolved. Pour over grated carrots, chopped pear/apple, and raisins.
- \* Serve and enjoy!



## Carrots

CRUNCHY \* SWEET \* DELICIOUS \* ORANGE \* GOOD EYE SIGHT \* HEALTHY SKIN \* YUMMY