



CARROTS

Did you know?

The first carrots grown in prehistoric times were yellow, white, reddish or purple. The **orange carrot** only appeared in the **1800s**.

Choosing them

Choose **firm, brightly coloured** carrots that don't have any mould on them.

Good to know!

Kids often like carrots because of their pretty orange colour and slightly sweet taste. Serve them cooked or grated. Raw carrots should only be given to children **aged 4 or more**, to prevent choking.



Why we like them

Carrots are not only **inexpensive** and **available year-round**, they're also very versatile. You'll find them in many dishes!

Tip to reduce waste

Have your carrots gotten soft? Add them to recipes that require cooking, like a **soup, purée** or **stir-fry**, where the softness doesn't matter.

5 ways to use them

- Raw carrots can be cut into **sticks** for a snack or **grated** to make a colourful salad.
- **Steam** or **sauté** carrots as a side dish for your meal.
- In a **purée** or **soup**, carrots go well with rutabaga, squash and sweet potatoes.
- If you have a sweet tooth, carrots are great in **muffins, breads, cakes** and **cookies**.
- Cut into **rounds**, carrots are a nice addition to any **stew**, including the traditional Canadian beef and root vegetable stew.

Storing them

Carrots keep **1 to 4 weeks** in the fridge. The best way to store them is in a bag with holes, wrapped in absorbent paper.