



# Carrots

## What are they?

Carrots are a root vegetable that grow under the ground. They have green feathery tops that capture the sunlight and send it down for the root to grow. You are probably most familiar with the commonly grown orange carrot, but did you know they can come in a rainbow of colors, including purple, white, yellow, and red? On the farm, carrots are like gold! They are a very labor intensive crop that aren't always successful on our farm because we don't spray chemicals for weed control.

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## Storage Tips

Remove the carrot tops (they leach moisture from the roots) before storing carrots in a plastic bag in the fridge for up to 3 months.

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## Usage Tips

Carrots are a very versatile, sweet tasting root vegetable that are delicious in everything from baked goods to savory stews. They are most popular when enjoyed in their raw state as a mid day snack, but slightly cooked is an excellent way to enjoy them. Their natural sugars are released and they become tender and sweet! You can toss them onto the grill or roast in the oven with olive oil and sea salt. You can also grate them up and add them to muffins, salads or even quick breads.

A Vegetable E-booklet



# RECIPES

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## Balsamic Glazed Carrots

### INGREDIENTS

- 1/2 - 1 lb carrots, cut into wedges or left whole for small carrots**
- 1/4 cup butter**
- 1/4 cup brown sugar (\*or maple syrup)**
- 1/4 cup balsamic vinegar**

### INSTRUCTIONS

- 1. Preheat your oven to 400 degrees.**
- 2. In an oven proof skillet, melt your butter and add in the vinegar and brown sugar over low heat. Once the liquid has begun to thicken add the carrots. Cook for about five minutes, tossing the carrots in the glaze.**
- 3. Move the whole skillet to the oven and roast for 15 to 20 minutes depending on how much bite you like to your roasted carrots.**

**\*Maple variation - You may also like this with maple syrup, but you have to first reduce the balsamic maple mixture until it becomes thick enough to be a glaze.**

**\*\*If you don't feel like turning on the oven, make the glaze in one pan, steam carrots in another, and then combine.**

**\*\*\* This is also a great method for green beans, but instead, skip the brown sugar and add some caramelized onion.**

Adapted from <https://realhousemoms.com/easy-balsamic-glazed-carrots/>

# RECIPES

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## Roasted Carrot Ginger Soup

### INGREDIENTS

- 1.5 LBS CARROTS (ABOUT 6 LARGE ) CUT INTO 1 INCH PIECES (NO NEED TO PEEL)**
- 1 LARGE YELLOW ONION, PEELED AND QUARTERED**
- 2 LARGE CLOVES OF GARLIC, PEELS LEFT ON**
- 2 TEASPOONS FRESH THYME**
- SALT AND PEPPER**
- OLIVE OIL**
- 4 CUPS LOW-SODIUM VEGETABLE STOCK**
- 2 TABLESPOONS MINCED GINGER**
- 1/2 CUP FULL FAT COCONUT MILK (BLENDED BEFORE MEASURING) SEE NOTE**

### INSTRUCTIONS

- 1. Preheat the oven to 400F.**
- 2. On a large rimmed baking sheet toss the carrots, onion, garlic and thyme with a little olive oil. Sprinkle with salt and pepper and place in the oven and roast until the veggies are golden brown and tender, about 35-45 minutes. Toss halfway through cooking.**
- 3. Let the veggies slightly cool and then remove the garlic from its skin. Place half of the veggies in a blender with 2 cups of the broth, the ginger and coconut milk. Blend until smooth and creamy. Pour the pureed soup into a large pot and keep warm on medium-low heat. Add the remaining veggies and broth to the blender and puree until smooth. Pour into the soup pot, stir well and keep warm until ready to serve. Taste for seasonings and adjust as needed.**

#### Notes

**\*Pour the whole can of coconut milk into the blender and blend until well incorporated and smooth. Measure out half a cup and reserve the rest in an airtight container in the fridge for up to 10 days.**

Adapted from <https://dishingupthedirt.com/recipes/roasted-carrot-ginger-soup/>