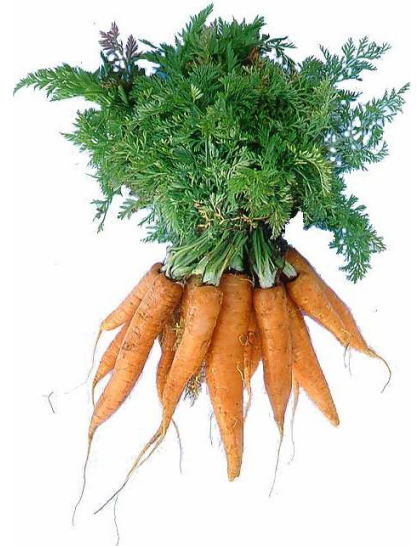


### Notes on Carrots

Carrots are a handy vegetable to have on hand. They go great in salads, travel well in lunches, and make great snacks for the kids. Carrots are a good source of vitamins A, C, and K. Before storing carrots from the Farmers' Market remove the green tops, rinse, drain and put them in a plastic bag. They should be stored in the coldest and humid part of your refrigerator.



### Simple Ideas for Carrots

- Have a crunchy snack on hand by preparing carrot sticks ahead of time and store them in a sealed container.
- For a colorful side dish steam roughly chopped carrots. When carrots are almost done toss in fresh peas.
- Add shredded carrots to salads, soups and sandwiches.

### Glazed Carrots

*Recipe by Janice Guldan, Guldan Family Farm*

1 pound Carrots, peeled, sliced and cooked  
1/3 cup Brown Sugar  
1/3 cup Butter  
1 tbsp Cornstarch  
1 tsp Sea Salt  
1 pinch Course Ground Pepper

Combine brown sugar, butter, cornstarch, sea salt and pepper in saucepan and bring just to a boil. Pour over 1 pound of peeled, cooked and sliced carrots.

### Carrot Cake

2 Eggs	1/2 cup Chopped Walnuts
1 cup Sugar	1 1/4 cups Flour
1/2 cup Vegetable Oil	2 tsp Baking Soda
1 1/2 cups Grated Carrots	1/2 tsp Cinnamon
2 tbsp Orange Juice	1/2 tsp Nutmeg

Preheat oven to 350. Grease 9 inch square baking pan. Beat eggs and sugar till creamy. Stir in oil. Add grated carrots, orange juice and walnuts, mix well. Mix in rest of ingredients. Pour batter into pan and bake for 25 to 30 minutes or until a toothpick comes out clean.

### Carrot Salad

*Recipe adapted from Jamie Olive, Jamie at Home*

1 pound Carrots, shaved into long thin strips	1 Lemon
1 tsp Cumin	1 tsp Grated Ginger
1 tbsp Sesame Seeds	5 tbsp Extra Virgin Olive Oil
1 Small Red Onion, thinly sliced	1 bunch Cilantro leaves
	1 bunch Mint leaves

Toast cumin until fragrant. Place cumin in a bowl. Then toast sesame seeds. Combine onion, lemon, ginger, cumin and salt in a separate bowl. Mix in olive oil. Pour dressing over carrots. Toss the carrots. Top with mint and cilantro leaves and sprinkle with sesame seeds.