

Cornell University
Cooperative Extension
Seneca County

Seneca County
308 Main Street Shop Centre
Waterloo, NY 13165

Agriculture: 315 539-9251
Home Economics: 315 539-9251
4-H Youth Development 315 539-9251
Fax: 315 539-2784
E-Mail: Seneca@cornell.edu
<http://counties.cce.cornell.edu/seneca/>

Your child learned about...



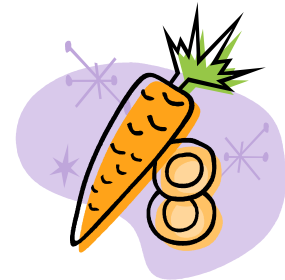
The vegetable (Vitamin A rich) called a carrot

today with a guest speaker from the Seneca County Cornell Cooperative Extension and 4-H Youth Development program.

Your child participated in the following observation learning task which they will enjoy telling you about:

How to Enjoy a Raw Carrot with the Help of an Adult

1. Wash your hands with warm, soapy, running water before preparing food.
2. With the help of an adult wash the raw carrot with water to start with a clean vegetable that can be cut with a knife to eat.
3. Have an adult cut your raw carrot with a knife so you can enjoy the delicious sweet flavor of a raw carrot. Optional: If you would like dip your raw carrot slice into a small amount of low fat cottage cheese flavored with ranch dressing. This will give an added zest to the flavor of the raw carrot.
4. Enjoy!!!



Did You Know?

The **carrot** is a root vegetable, typically orange or white in color with a woody texture. The edible part of a carrot is a taproot.

Uses

Carrots are often eaten raw, whole or shaved into salads for color, and are often cooked in soups and stews. One can also make carrot cake and carrot pudding. The greens are edible as a leaf vegetable, but are rarely eaten.

Together with onion and celery, carrots are one of the primary vegetables used in a mirepoix to make various broths. Beta-carotene, a dimer of Vitamin A, which gives this vegetable its characteristic orange color, is thought to enhance the performance of receptors on the retina and thus improve eyesight. Carrots are also rich in dietary fiber, antioxidants, and minerals and are an alkaline food.



History

The wild ancestors of the carrot are likely to have come from Afghanistan, which remains the center of diversity of varieties of *D. carota*. The familiar wildflower, wild carrot, better known as "Queen Anne's lace", is a relative of the garden carrot; garden carrots that run to seed soon revert to their wild prototype, with a forking carrot-smelling, edible root that quickly becomes too woody and bitter to eat. The Parsnip is a close relative of the carrot.

Carrot plants

Carrots or "skirrets" originally came in purple, white and yellow colors. The now synonymous orange carrot was developed in Holland as a tribute to William I of Orange during the Dutch fight for independence from Spain in the 16th century. The orange carrot not only had a better taste but also had beta carotene making it healthier, and so all other carrots stopped being planted.

The Vegetable Improvement Center at Texas A&M University has developed a purple and orange carrot, the *BetaSweet*, with substances to prevent cancer, which has recently entered commercial distribution.

Trivia

The world's largest carrot (a statue) is located in Ohakune, New Zealand.

Nutrition information

Raw carrots

Nutrition Facts	
Serving Size 1 cup, chopped (128g)	
Amount Per Serving	
Calories 52	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 308%	Vitamin C 13%
Calcium 4%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	



See "Color Me Healthy NEWS" (November Issue) provided by Seneca County Cornell Cooperative Extension guest speaker, Betty Heitmann, Extension Educator for "Maple Glazed Carrot" recipe.

Try this easy soup recipe using carrots that will be a big hit with your family!

Homemade Hot Dog Vegetable Soup

Fill a large pot half full of water. Add 1 chopped sweet medium sized onion; 4 chopped celery stalks; 1-2 cups of raw chopped baby carrots and 4-5 chopped raw potatoes; 1-2 small cans of chicken broth; and 1-2 small cans of tomato soup. Bring this mixture to a boil on stove top. Once boiling turn temperature down so mixture simmers. Let soup simmer until all vegetables are tender. To simmering soup add dry seasons to taste (like ground basil or oregano). Add canned or frozen vegetables (like corn or mixed vegetables). Add hot dogs cut into coins (or cooked ground beef or cooked shredded chicken). Bring mixture back to a boil. Turn heat down again and allow soup to simmer for one hour before eating. You can play with all different versions of this recipe by using vegetables, seasonings and cooked meats you and your family enjoys. Remember go easy on the salt !

Food Safety Tip: Remember when storing soup in the refrigerator you must cool the soup down quickly. Do this by storing soup in small portions with the lid removed for rapid cooling.

