

HARVEST *of the* MONTH

Seasonal snacks from garden to classroom

MULTICOLORED CARROTS

— May, 2016 —



Harvest of the Month is a great way for youth and their families to explore, taste and learn about seasonal vegetables and fruits - from the garden, in the classroom, on the plate.

FACTS & VARIETIES

Have you ever noticed two tastes in carrots? There's a sweet, sugary taste and one that's just, well, carrot-y. The carrot-y flavor comes from compounds called terpenoids - which gives you that earthy bite.

People started growing carrots in Afghanistan several thousand years ago. Back then, they were mostly purple and yellow. Now, most carrots are orange, but farmers grow colorful ones too.

Did you know that baby carrots are made from large carrots cut up into smaller pieces? They make eating carrots easy for small fingers!

HEALTH & NUTRITION

Carrots are crunchy, tasty and highly nutritious - some say the world's healthiest foods. They include:

Vitamins A, B6, C, E, & K
Beta-carotene
Fiber
Molybdenum
Potassium
Biotin

Purple carrots especially have higher levels of phytonutrients than their orange counterparts. Not only are carrots high in vitamins and nutrients, they have no saturated fats or cholesterol.

COOKING & EATING

Adapted from the New York Times:
Cooking Recipe Box

ROASTED CARROTS WITH PARSLEY AND THYME

2 pounds Carrots, cut into 1/4 in thick circles
3 tablespoons Olive Oil
3 tablespoons Parsley, finely chopped
1 teaspoon fresh Thyme, chopped
1 teaspoon dried Oregano

Preheat the oven to 400° F. Place the carrots in a bowl and toss them with olive oil, salt, pepper and herbs. Spread the carrots onto a baking sheet in a single layer and roast them for 30 minutes.

Illustration: Desmond Cormier, Art Teacher at Buford Middle School

GROWING TIPS

Carrot seeds are tiny and take about two weeks to sprout during which time they like to be very moist. Sow them in loose, rich soil. You can make a small furrow with the side of your hand, drop the seeds in about 2-in apart, and lightly push a small amount of soil over them. Some gardeners put a wooden board or vermiculite over their sown seeds to keep the water from evaporating too quickly. Keep them moist until the frilly green leaves pop up and thin 4-in apart.

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Harvest of the Month is a program that highlights a locally available crop each month by providing a fresh, healthy snack in all six Charlottesville Elementary Schools. Students also learn about the crop in their schoolyard garden and classroom. Information on crop growing, nutrition and preparation is shared with teachers and families. The goal of Harvest of the Month is to support healthy living skills that strengthen our youth and community.

Thank you to the Buford Garden Aide class for researching and writing information for this month's backpack flyer!



City Schoolyard Garden is an independent non-profit organization that cultivates academic achievement, health, environmental stewardship and community engagement through garden-based, experiential learning.