

CARROTS

Storage Tips

- Twist off tops & refrigerate carrots in a plastic bag.
- For long term storage, pack carrots with moist sand & store in a cool (but not freezing) location.

Culinary Tips

- Scrub carrots under running water. Peeling removes the nutrients located just under the skin.
- Eat carrots raw to receive the most nutrients, cut into sticks or grate into many types of salads
- Slice & steam for 5-10 min or saute in butter, top with honey for a sweet dish.
- Add to soups, stir-fries, stews, & casseroles.
- Steam & puree carrots add cream, onions, leeks, freshly grated ginger, or soy sauce for a simple soup.
- To roast carrots, cut in large chunks, dot with butter & place in an oven-proof dish. Cover & bake in a 350° oven for 40 min.
- You can also simmer the carrots in a stock instead of butter.

Herbed Broccoli with Brussel Sprouts and Carrots

1 lb broccoli cut in bite size pieces

1 lb Brussel sprouts trimmed

1 lb carrot sliced

½ cup butter

¼ cup lemon juice

1 tsp salt

½ tsp pepper

1 tsp oregano

1 tsp marjoram

1 tsp basil

Cook the vegetables until barely tender. Drain well and place in a 9 x 13 casserole. In a small skillet, melt the butter, add lemon juice and spices, and cook on low for 5 minutes. Pour over vegetables. Cover and bake for 350° for 20 minutes. Serves 12

From *What Should I Bring*