

CARROTS



Featured Food for Winter

Sweet and crunchy, spring carrots are a delicious sign of spring. They're also one of the most versatile veggies in the kitchen: you can snack on them raw, roast them for a side dish, purée them into a soup, shred them into a salad or bake them into muffins and cake.

Earth Story

Carrots, a domesticated form of the wild carrot, were native to Europe and southwestern Asia and originated in Persia. The naturally occurring subspecies of the wild carrot was bred selectively over the centuries to reduce bitterness and increase sweetness. Few vegetables are more visually striking than the heirloom, spring carrots found at your local market. Bundles of knobby roots come in shades of gold and deep purple, often with vibrant orange stripes running down their centers.

Nutritional Benefits

Carrots are a particularly good source of beta-carotene, fiber, vitamin K, potassium and antioxidants. Thick, bulky orange carrots are ideal for roasting, lending a nutty flavor and soft texture that complements hearty cool-weather meals. But in the spring, these more delicate varieties of spring carrots are perfect for glazing and serving alongside your Easter dinner. Almost any minced herbs—from parsley and thyme to mint—can add bright layers of flavor to the finished dish.

Fun Facts

People first grew carrots as medicine, not food, for a variety of ailments. Carrots are made up of 88% water. In comparison, humans are made of just 60% water! Cooking carrots is better for you than eating raw carrots, because cooking them releases the hidden pockets of beta-carotene. In fact, eating carrots raw only gives you 3% of this substance, but when you heat them up they release closer to 40%.



Ask your chef for specific recipes and share your culinary experience with us.

