



January Garden Fresh Vegetable Carrots



Carrot Nutrition

- Excellent source of vitamin A
- Vitamin A helps our night vision, bodies fight infection, & helps keep our skin & hair healthy
- Soluble fiber in carrots can help keep your LDL cholesterol down

In The Garden

It's January and everyone is excited for the long awaited carrot harvest in our school gardens! There is nothing quite like watching a child pull a carrot from the ground. The anticipation is rewarded with beautiful carrot roots that have a fantastic fresh aroma! The tiny carrot seeds were planted in early October when the temperatures were still in the 90's. Carrots grow best in soil at least 18" deep amended with compost, but don't require extra organic fertilizer while growing. Getting the seeds to germinate is typically the most challenging part of growing carrots in our region. Often times a newly planted carrot garden must be watered twice a day with long soaks of water so that the soil stays moist enough for the seeds to sprout. The harvest time for carrots can be extended over the next few months. Carrot plants love the cold and do fine even in freezing temperatures. We will have another window for planting carrot seeds as well as broccoli, lettuce and other winter greens at the end of January for an early spring harvest.



Garden Lady, Stephanie Baker

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Ginger Carrot Slaw

Makes 6 servings in 10 minutes

Ingredients:

- ½ cup plain non-fat yogurt
- 2 tsp olive oil
- 1 tbsp honey
- 1 tsp lime juice
- ¼ tsp ground ginger
- ¼ tsp salt
- 1 10 oz bag of matchstick carrots

Directions:

1. Place the first six ingredients in a small bowl to make the dressing & whisk together, let stand for 5 minutes.
2. Open the bag of matchstick carrots into a large bowl.
3. Drizzle the dressing over the carrots & mix to fully coat.
4. Chill & serve.