



Carrots

How to Prepare

Carrots are a delicious, nutritious root vegetable that grows well in many climates and soil types. They are popular in Yellowknife gardens because they grow easily, generally have a high yield, and can be safely stored into the fall and early winter.

Carrots come in many shapes, sizes and colours. While the grocery store varieties are almost always orange, there are many varieties with white, yellow, red, purple or black flesh. The different varieties can also have huge differences in texture or size, and minor differences in flavour or nutritional content.

When working with them in your own kitchen, always wash carrots thoroughly before using. You don't necessarily need to peel carrots, but some people find the skin to have a bitter, unpleasant flavour. For info on peeling carrots, see: [wikihow.com/Peel-a-Carrot](http://www.wikihow.com/Peel-a-Carrot)

Store your carrots in a sealed bag in the coldest part of your refrigerator. Wash immediately before using as moisture in your storage bag can cause spoilage.

Try Using Carrots:

- Raw with hummus or dip;
- Roasted with honey;
- Pickled with herbs and chilies;
- Grilled alongside steaks;
- Shredded or roasted in salads;
- In carrot cakes or cupcakes;
- Spiralized into 'noodles';
- In soups, stocks and broths;
- In hearty stews;
- In curries with coconut milk;
- Made into a dip or spread;
- Mashed like potatoes; and
- In fresh-pressed juices.

Nutrition Highlights

- Very high in Vitamin B6, C & A;
- A good source of manganese;
- A source of niacin & thiamin;
- A very good source of fiber;
- A good source of folate.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 41	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 69mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Sugars 5g	
Protein 1g	
Vitamin A 334%	Vitamin C 10%
Calcium 3%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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YELLOWKNIFE FARMERS MARKET



Recipe: Honey Roasted Carrots

Ingredients

8 carrots, peeled
3 tbsp olive oil

¼ cup honey
salt and pepper

Instructions

1. Preheat the oven to 350F (175C)
2. Line your baking dish with foil or parchment paper, as the honey can be difficult to clean afterbaking.
3. Place the whole carrots into a baking dish, and drizzle with olive oil. Mix until the carrots are completely covered with olive oil. Pour on the honey, then season to taste with salt and pepper; mix until evenly coated.
4. Bake in the oven until tender – about 40-60 minutes.

This is a great side dish for a family dinner. The whole carrots are beautiful, and a nice departure from sliced, chopped, or shredded carrot.

Try substituting other sources of sweetness in this recipe. Maple syrup, birch syrup or agave nectar will all lend a slightly different sweetness to this dish.

