



Give Your Family More of the Good Stuff!

OSU
Oregon State
UNIVERSITY
Extension Service



Carrot Basics

Shop and Save

- Choose firm carrots with even color. Avoid carrots that are soft or wilted. If the leaf tops are still on, they should be bright green.
- Baby carrots should be moist but not slimy.
- Carrots may cost less at local farmers' markets.
- Canned and frozen carrots can save you money. They work great in side-dishes, soups and stews.
- Use the food label to find a canned carrot with less sodium. Rinse and drain the canned carrots to cut more sodium.

*Carrots are high in vitamin A.
You need vitamin A for good eyesight.*



Types of Carrots

Carrots come in many colors! If you don't find them in stores, growing them from seed may be an option.

Baby carrots are a type of carrot picked when they are still small. Baby-cut carrots are actually larger carrots that have been peeled and cut smaller. They come in pre-packaged bags.

Fresh, frozen,
or canned –
carrots are easy
to find any time
of year

Store Well Waste Less



Storing whole, fresh carrots:

- Wash the carrots, and trim off the green leaf tops, if present.
- Store the carrots in a plastic bag. Poke a few small holes in the bag to let air in. Refrigerate for up to 2 weeks.
- Keep carrot sticks for snacks in your refrigerator for up to a week. To prevent carrots from drying out, store in water.

Blanch and freeze carrots for longer storage.

- Wash, trim, and cut large carrots.
- Place cut carrots in boiling water for 2 minutes or 5 minutes for small whole carrots.
- Drain carrots and place in ice water for 2 minutes.
- Drain and pack in labeled freezer bags or containers. Freeze carrots.

Cooking with Carrots

Mashed Carrots

Use fresh, frozen or canned carrots.

Ingredients:

3 cups sliced **carrots** (about 6-8 fresh or two cans (14.5 ounces each) or 16 ounces frozen)

2 teaspoons **butter** or **margarine**

2 teaspoons **honey** or **brown sugar**

¼ teaspoon **salt**

⅛ teaspoon **pepper**

½ teaspoon **seasoning** (optional) – see notes below

Directions:

- 1 Cook carrots until they are very soft.
 - ❁ Fresh- Steam or boil.
 - ❁ Frozen- follow package directions or microwave, steam, or boil.
 - ❁ Canned- Rinse and drain. Add a small amount of water and heat in saucepan or in the microwave.
- 2 Drain carrots if needed. Put carrots in a medium bowl. Mash with a fork until smooth.
- 3 Stir in butter, honey, salt and pepper.
- 4 Refrigerate leftovers within 2 hours.

Notes:

- ❁ Add your favorite seasoning! Try one of these: chili powder, curry powder, onion powder, dried thyme, or dried sage.
- ❁ Honey is not recommended for children under 1 year old.

Find more recipes for carrots at Foodhero.org

Quick Ways to Use Carrots

- ❁ Add chopped or shredded carrots to salads, tacos, or sandwich wraps for extra crunch!
- ❁ Add shredded or mashed carrots to spaghetti sauce, meatloaf, soups, chili, or macaroni and cheese.
- ❁ Serve carrot sticks with a healthy dip, or add to a meal!

Cooking Carrots

Wash, peel, and cut carrots into slices, sticks or other shapes. Try for pieces that are the same size. No need to peel or cut baby carrots.

Boil:

1. Bring about an inch of water to boil in a saucepan with a lid.
2. Add carrots and cover with a lid.
3. Continue to boil until carrots are as soft as you like. Test by piercing with a fork.

Steam:

1. Set steamer basket in saucepan with water to just under the basket. Bring the water to a boil.
2. Add carrots and cover with a lid. Steam until carrots are as soft as you like.

Microwave:

1. Place carrots in a microwave-safe container. Add about 2 Tablespoons of water for every 3 cups of carrots.
2. Cover container with microwave-safe plastic or lid, leaving a corner open to vent steam.
3. Cook on high until carrots are as soft as you like. Time will depend on size of pieces and total amount of carrots.