



# CARROTS

**WINTER**

**SPRING**

**FALL**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Sow seeds 1/4 to 1/2 inch (in.) deep, with no more than 2 to 3 seeds per in. Space rows 12 to 18 in. apart. Thin seedlings when they are about 1 in. tall to 1 1/2 to 2 in. apart. Carrots can be harvested when the roots are 1/2 to 3/4 in. in diameter based on the variety.



# PREP

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Wash carrots under cool water. Remove tops by twisting or cutting them off. Place prepped carrots in the refrigerator within two hours, or freeze in plastic freezer containers. Enjoy carrot roots raw, sautéed, roasted, and stewed. Hang on to those tops!



# EAT

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Carrots can be eaten raw with or without a yummy dip. Serve steamed, glazed, or oven roasted carrots as a side dish. Add cut or shredded carrots to slaw, salad, and soup! Carrot tops make a great addition to smoothies and can be ground with basil to make a delicious pesto.



# LEARN

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Carrots have been grown as a crop for nearly 2,000 years. Carrots are a **vegetable** and are high in carotene, a source of Vitamin A, which benefits eye health. Carrots are famous for their orange color, but they can also be purple, white, red, and yellow!

