

Carrot Information Sheet

Today's Farm to School Snack features local carrots!

While carrots originated in Persia, modern day Iran and Afghanistan, the carrots you will be trying today were grown locally at:

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How Does It Grow?

In Nova Scotia, carrot seeds are carefully planted in fields from late April to early June, taking 2-3 months to grow before being harvested. The part of the carrot we eat is the taproot, which grows downward into the soil and then expands. Above ground, the plant produces lacy green leaves. Carrots come in a variety of shapes, sizes, and colors, including orange, red, purple, yellow, and white. Carrots can be enjoyed raw, steamed, boiled, or roasted—and are popular in soups, baking, and juices.



Fun Facts

- Carrot seeds are very small. One teaspoon can hold approximately 2000 seeds!
- Baby-cut carrots begin as full-sized carrots. They are peeled, trimmed, cut into small pieces and packaged.
- Crunching on a raw carrot acts as a great natural toothbrush for your teeth.

Around the World

The first carrots were purple and white, and ancient cultures mainly used them for medicine. The orange carrot was created in the Netherlands in the 1600s to honor the Dutch Royal Family, the House of Orange. In India, a popular dessert called "Gajar ka Halwa" is made from grated carrots, milk, sugar, and ghee (clarified butter). It's flavored with cardamom and topped with chopped nuts.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include carrots.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this crunchy snack!

Find more resources at www.nourishns.ca