

Crunchy, Juicy, and Sweet:

Almost Local Carrot Time!

Lately I've been fielding a lot of requests for local carrots (I'm writing this July newsletter in late June). Yes, it's true, almost everyone, including me, is getting impatient for those lovely local carrots, that put the sturdy and shippable California carrots to shame. The carrots that local farms grow for us taste like a completely different vegetable, and over the years, I've heard many shoppers express how much they love and look forward to them. This year you can expect to see deliciously sweet bulk carrots and bagged "baby" carrots from Rising River Farm (located in Rochester) our longtime bulk carrot supplier. For much of the season, our beautiful bunched carrots will come from Kirsop Farm (Rochester). Piece By Piece Farm (Olympia) will be providing as with a gorgeous assortment of "rainbow carrots"- yellow, pale peach, red, and purple.. We also expect to see carrots from Wobbly Cart Farm (Rochester) and Calliope Farm (Olympia).

Carrots lose moisture when they are stored, so it's best to keep them in the coldest part of your refrigerator, in either a plastic bag or wrapped in damp paper towels. Be sure to store them away from apples and other produce that produces ethylene gas, as this can cause the carrots to become bitter. Lastly, remove the tops from carrots before storing them for a long period in your refrigerator, as the tops will pull moisture away from the roots.

Carrot Nutrition

"Carrots are perhaps best known for their beta-carotene content. (The nutrient beta-carotene was actually named after the carrot!) While they can be an outstanding source of this phytonutrient, carrots actually contain a fascinating combination of phytonutrients)...carrots are also an excellent source of vitamin A (in the form of carotenoids). In addition, they are a very good source of biotin, vitamin K, dietary fiber, molybdenum, potassium, vitamin B6 and vitamin C. They are a good source of manganese, vitamin B3, , vitamin B1, panthothenic acid, phosphorus, folate, copper, vitamin E and vitamin B2."-from whfood.org



Carrots Aren't Just Orange

Although orange carrots are the most widely recognized, the Co-op also carries what we call "rainbow carrots" these carrots may be yellow, pale peach, dark red, or purple. Each variety (and color) of carrot has its own unique flavor, but perhaps more interesting is that differing colors of carrots have differing nutritional profiles. For example, the deep purple and deep red carrots are high in the antioxidant anthocyanin (also found in dark purple fruits and vegetables like blueberries, blackberries, red cabbage, and eggplant). The rainbow carrots also look fantastic



Roasted Carrots with Parsley and Thyme

from cooking.nyt.com

2 pounds carrots, peeled quartered or cut into sixths lengthwise depending on the size, then into 2-inch lengths

3 tablespoons extra virgin olive oil

Salt

freshly ground pepper

1 teaspoon fresh thyme leaves, chopped

½ teaspoon oregano

3 tablespoons finely chopped flat-leaf parsley

Preheat the oven to 400 degrees. Oil a sheet pan or a baking dish large enough to fit all of the carrots in a single layer. Place the carrots in a large bowl, and toss with the olive oil, salt, pepper, thyme and oregano.

Spread in an even layer in the prepared pan or baking dish. Cover with foil, and place in the oven for 30 minutes. Uncover, and if the carrots are not yet tender, turn the heat down to 375 degrees and return to the oven for 10 to 15 more minutes until tender.

Add the parsley, stir gently, and taste and adjust salt and pepper.

Serve hot, warm or at room temperature.



Easy Spicy Carrot Sticks

from whfoods.org

Spiced carrot sticks are a flavorful variation on an old favorite at parties or at the dinner table. Soak carrot sticks in hot water spiced with cayenne, coriander seeds and salt. Allow to cool, drain and serve.

Carrot Cake Oatmeal

from obsheglow's.com

1 cup (125 g) finely grated peeled carrot

1 1/4 cups (310 mL) unsweetened almond milk, plus more as needed*

1 tablespoon plus 1 teaspoon pure maple syrup

1 teaspoon ground cinnamon

1/4 teaspoon ground ginger

Dash ground nutmeg, to taste

Pinch fine sea salt

1/2 cup (50 g) gluten-free rolled oats

1 teaspoon pure vanilla extract

1/4 to 1/2 teaspoon fresh lemon juice, to taste (optional)

Topping suggestions:

Chopped toasted walnuts

Pure maple syrup

Raisins

Shredded coconut

Cinnamon

Peel and finely grate the carrots on a box grater. (Use the finest grate, rather than the standard-sized one, so the carrot shreds are very small. This helps the carrot cook quickly and blend into the oats.)

In a medium-sized pot over medium heat, whisk together the almond milk, maple syrup, cinnamon, ginger, nutmeg, and a pinch of salt until smooth.

Stir in all of the grated carrots and oats. Bring to a low boil and then reduce the heat to medium to simmer. Cook, uncovered, for about 8 to 11 minutes, stirring frequently until thickened. Sometimes I stir in another tablespoon of almond milk if it's too thick.

Remove from heat and stir in the vanilla extract.

Portion into bowl(s). Top as desired.