



Harvest of the Week

Volume 1, Issue Carrots

Health and Learning Success

Help your child make the grade by serving a variety of colorful fruits and vegetables every day. With **Harvest of the Week**, your family can explore, taste and learn about eating more fruits and veggies, as well as being active.

Let's Get Physical!

Daily physical activity may help improve your child's focus and test performance.

Take your child on a scavenger hunt to see how many different types of plants and trees you can find.

Fun Facts

The first cultivated carrots were not orange; they were actually purple, red, yellow or white. The first orange carrots appeared in the 1500's.

The average person eats about 17 pounds of carrots per year.

Carrots were the first vegetables to be commercially canned.

Carrots

HELP YOUR CHILD EAT HEALTHY

- Carrots are a great addition to any meal—they can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded and cooked.
- Buy baby carrots or carroteenies to take with you for an easy, on-the-go snack.
- Add raw carrot sticks or baby carrots as a crunchy side dish at lunch.
- Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- Frozen, canned and cooked carrots are just as nutritious as fresh.
- Ask your child to help think of fun ways to include carrots in family meals.



PRODUCE TIPS

- Carrots are always in season—you can buy them fresh, frozen or canned.
- Look for smooth, firm, well-shaped carrots with an even color.
- Avoid carrots that are soft, limp, wilted or cracked.
- Refrigerate fresh carrots in a plastic bag for up to two weeks.
- Break off the tops of fresh carrots before refrigerating. You can add the chopped green tops to soups for flavor.

HealthWise

- ✓ Encourage your child to eat school breakfast and lunch. School meals offer fruits and vegetables every day.
- ✓ Carrots are an excellent source of Vitamin A to keep your skin and eyes healthy.
- ✓ Ask your child what he/she learned about carrots at school.

VEGETABLE QUESADILLAS

Make 4 servings (1 quesadilla each)

Ingredients:

2 cups grated carrot (about 1 large)
2 cups grated zucchini (about 1 large)
8 whole wheat flour tortillas
1 cup shredded low-fat cheese
Bottled hot sauce, to taste

Directions:

1. In a bowl, mix grated carrot and zucchini.
2. Sprinkle 1/2 cup mixture over four tortillas. Top each with 1/4 cup cheese. Add hot sauce, as desired.
3. Cover with second tortilla.
4. Heat nonstick pan over medium heat. Place each quesadilla in pan and cook 1 minute.
5. Turn over and cook 1 minute longer or until cheese melts.
6. Cut each quesadilla and serve warm.

Source: Healthy Latino Recipes Made with Love, California Latino 5-A-Day Campaign, 2004.

Carrot Nutrition Facts	
Serving Size	7" long, 1.25" diam.
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 60mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 110%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	