



Carrots

We jokingly call carrots the "Gateway Vegetable" to local foods. A fresh carrot grown in nutrient-dense organic soil is a totally different vegetable than a commodity carrot.

STORAGE

Remove tops from root. Tops-store in a plastic bag 7 days.

Roots- store in a plastic bag 4-8 weeks. Cut carrots keep 7 days.

RAW ~ PREP

Carrots are the perfect food to always have on hand raw in the fridge. Top and tail, and for larger carrots, halve or quarter. Raw carrots ready to go in the fridge make an easy go-to snack and also make them ready to cook!

SAUTE ~ STEAM ~ STIR-FRY ~ PUREE

Fresh carrots only need to be cooked 4-7 minutes

GRILL ~ ROAST

For a lovely smoky/charred flavor, try roasting and grilling.

LITTLE EXTRA

Try a small batch of fermented carrots to keep in the fridge. Extra cooked carrots can be stored in the freezer.

DEEP STORAGE

Raw carrots, when stored properly, can keep for months in storage. Carrots are a really easy intro crop for learning to ferment. They can also be batch roasted and frozen, making it possible to eat local carrots all year!

CROP AVAILABILITY

Late June - October

