

DID YOU KNOW...

- Although carrots are usually orange in color, purple, white and yellow varieties exist.
- The most commonly eaten part of a carrot is the 'taproot,' although the greens are edible as well.
- In early use, carrots were grown for their aromatic leaves and seeds, not their roots. Some relatives of the carrot are still grown for these, such as parsley, fennel, dill and cumin.

Source: Wikipedia

NUTRITIONAL INFORMATION

(value per 122g/4.3 oz. of raw carrots):

Energy: 50 cal / Carbs:
11.7g / Sugars: 5.5g /
Dietary Fiber: 3.4g / Fat:
.3g / Cholesterol: 0mg /
Water: 107.71g / Protein:
1.13g / Sodium: 84mg /
Vit C: 7.2mg / Vit A:
20509IU / Beta Carotene:
10108mcg / Calcium:
40mg / Iron: .4mg /
Magnesium: 15mg /
Phosphorous: 43mg /
Potassium: 390mg .

Source: [USDA Nutrient database](#)

RECIPES FOR SUCCESS

Local Food Case Study:

CARROTS

PRODUCT SOURCING/DISTANCE TRAVELED/GROWER BENEFITS

A local distributor provided local carrots starting in November, through March of 2010. The early carrots lacked good flavor. Later carrots were excellent quality unless there were an abundance of smaller carrots. These are not the typical 12 inch uniform carrots from elsewhere. Late storage season carrots tended to be small and had lots of sprouting starting with our last shipment in April.

COST ANALYSIS/COST RECOVERY/SALES

- Carrots are used heavily in school meals.
- Very plentiful crop and a way to extend local foods use in schools

Carrots: \$22.50/25#
Labor: \$60
Total: \$172.5
Servings: \$1400
Cost/serving: \$0.123

USDA FOOD BUYING GUIDE

Carrots raw, 9.37 pounds = 100 ¼ cup servings sliced
Prime Vendor sells Summer Baby Carrots, 20 pounds
20 pounds / 9.37 *100 = 213 servings
Current price is \$22.50/213 = \$0.106 per serving commercial product
Minor labor would be required to wash them for service, 1 hour
\$15/1400=\$0.011.
Total price per serving commercial, \$0.117

PROCESSING/LABOR/EXTENDED EMPLOYMENT OPTIONS

Process clean, slice – 4 hrs to process

Process – Store whole; peel manually, slice either by hand or with Robo Coupe food processor with a 6 mm blade, continuous feed attachment

Carrots were easy but very time consuming to peel by hand.

Al Bushway comments:

- Carrots can be sliced, diced, etc. and frozen without blanching if they are going to be used in soups, stews, etc.

* The fruit and vegetable washes will remove and/or kill some of the microorganisms on the surface of the fruits or vegetables. Usually only a one to two log reduction although Tsunami is reported to be better (than Victory). For frozen products, I don't see that they would increase the shelf-life. For cut fruits (apples) which undergo enzymatic browning, the commercial dips will reduce the rate of browning.

RECIPES/PREPARING/SERVING

Local Carrot Coins served as a snack under the USDA FFVP

Shredded carrots could also be frozen and then used in breakfast breads or sauces.

Diced carrots could also be frozen and then used in soups or side dishes.

STUDENT/PARENT FEEDBACK

No adverse feedback.

FMI

Contact: Ron Adams, Portland Public Schools, Food Services Director - adamsr@portlandschools.org

Recipes for Success is a pilot collaboration among the Portland School Department, Cultivating Community, Cumberland County Cooperative Extension, Local Sprouts Cooperative, and the Maine Organic Farmers & Gardeners Association. This project was made possible with funding from NESARE and the Cumberland County Healthy Maine Partnerships: PROP's Communities Promoting Health Coalition, Healthy Casco Bay & Healthy Portland.