

## Carrots in the Classroom

### The Whole Carrot Experience: A Comparative Tasting and Data Collection Activity

#### Comparing baby carrots to local, farm fresh carrots.

By arranging a comparative blind taste test, students are asked to utilize methods of scientific observation and engage their knowledge of vocabulary to describe taste, texture, smell, color, etc.

#### Analyzing Data

After conducting a comparative taste test, students can graph the results from the class' carrot preferences. After revealing the origin of the two samples (non-local baby carrots and farm fresh whole carrots), students can analyze the results and compare their preference to the rest of the class. Through investigating factors such as soil fertility, growing practice, processing, packaging, distance travelled for distribution, weather, and others, students can draw conclusions about their preferences as well as that of the class.

#### Did You Know?

- The scientific name for carrots is *Daucus carota*.
- Carrots come from the Apiaceae family, which includes angelica, anise, asafetida, caraway, carrots, celery, celery root, chervil, cilantro, coriander, cumin, dill, fennel, hemlock, lovage, osha, parsley, parsley root, parsnips, and Queen Anne's lace.

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## December Harvest of the Month

# Carrots



Carrot recipes and fun  
facts inside!



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# Honey Roasted Carrots Recipe

**Prep time:** 5 min

**Cook time:** 35-40 minutes

**Estimated Cost:** \$3

**Serves four as a side dish.**

## Ingredients:

- 1 bunch carrots, with tops removed
- 3/4 tsp whole grain mustard
- 2 tsp honey
- 1 tsp olive oil
- pinch of salt
- pinch of pepper
- 1/2 cup walnuts, optional

## Directions:

Preheat oven to 375°F.

Rinse and scrub carrots to remove any debris. If sufficiently cleaned, you can leave the peels on (many nutrients are contained in the peel) or remove if you prefer. Set carrots aside.

In a small bowl, whisk together mustard, honey, olive oil, salt and pepper until you have a uniform glaze. Set aside.

Chopped rinsed carrots into one inch chunks. Place in a medium mixing bowl, add walnuts (if using) and stir in the honey glaze.

Place glazed carrots in a single layer on a large baking tray, and bake for 35-40 minutes or until tender.



## Carrot Buyer's Tip

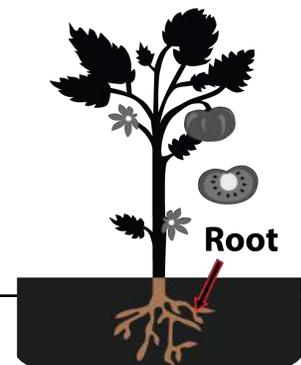
Choose carrots that are firm and bright in color. Store carrots in the crisper section of your fridge and minimize their water loss by placing them in a plastic bag.



# Fun Facts About Carrots

## Plant Parts

- Carrots are a root vegetable, which means the part of the plant we eat grows underground!
- Baby carrots are not actually young carrots- they are whittled from whole, misshapen carrots.



## Origins

- When the first carrots were cultivated in what is now Afghanistan, Pakistan and Iran some 5,000 years ago, they were purple! Orange carrots were developed in the Netherlands during the the sixteenth century, perhaps as a result of mutations and selection for that color.



## Shapes, Sizes and Colors

- Carrots come in many shapes, sizes and colors. Carrots can be round, cylindrical, fat, very small, long, or thin and can be orange, red, purple, yellow or white.
- Red and purple carrots contain antioxidant-rich lycopene (the same phytochemical that gives tomatoes their characteristic red color).



## Looking for local carrots?

Visit [localdifference.org](http://localdifference.org) to search for local food, farms, and retailers.