

FRESH FROM THE FARM

Recipes & Cooking Tips | Healthy Eating for Seniors | Tools for Better Nutrition

Beta-CAROTene

Carrots are such a great source of nutrients that the **antioxidant**, beta-carotene, was named after them! In addition to their many benefits, the vitamins and minerals in carrots promote eye health to help you keep seeing clearly.



How to Cook Your Local Carrots

Steaming carrots is the most effective way to retain their nutrients and soften their texture.

Cut carrots into bite size pieces before bringing **1/2 inch of water** to boil in a large frying pan. Add carrots and cover pan, cooking carrots for about **5 minutes**, or until tender. Drain any excess water from the pan and enjoy!

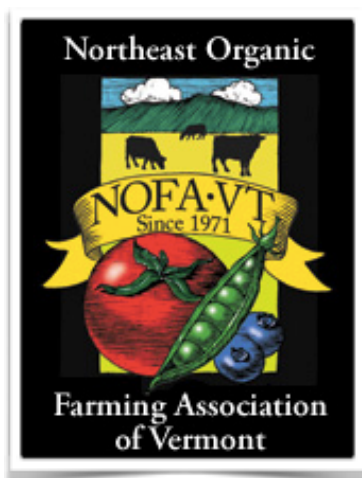
Chew On This: Softening Carrots for Easy Enjoyment

It is easy to find pleasure in seeing all the different colored carrots displayed at Farmers Markets and packed in your CSA box, but chewing this tough veggie is not always as easy. With all



the carrots available this month, and the high levels of vitamin C, vitamin K, and fiber that come with them, you're not going to want to miss out on this vegetable! Cooking carrots is a great way to soften them. Their antioxidants are heat-stable, so their nutrients will be retained even after undergoing heat. You can boil, steam, or bake your local carrots to make them an easy addition to any meals.





Pair it with a Carrot



Once you've cooked your carrots to make them soft, they serve as a great snack at home or on-the-go.

To add protein to your carrots, try dipping them in **hummus** or **yogurt and honey**. For extra potassium, pair carrots with a scoop of **guacamole**.



Roasted Root Vegetables with Smooth Honey Glaze

Preparing carrots and other hard to chew vegetables in the oven is a great way to soften them for easy eating. Try this sweet twist on your September veggies.

Ingredients:

Makes 4-6 servings

Olive oil

$\frac{3}{4}$ pound local carrots

$\frac{3}{4}$ pound local parsnips

salt and pepper to taste

$\frac{1}{2}$ teaspoon ground cinnamon

For the glaze:

$\frac{1}{4}$ cup local honey

$\frac{1}{4}$ cup butter



To Prepare:

- 1) Preheat oven to 400 degrees Fahrenheit
- 2) Wash veggies and chop into bite-sized pieces
- 3) Toss veggies to coat lightly with oil, plus salt and pepper to taste
- 4) Arrange in single layer on a sheet pan
- 5) Roast for 45 minutes, or until tender—stir occasionally

For the glaze:

- 1) Heat butter over low heat in small saucepan
- 2) Stir in honey until combined
- 3) Turn off heat and pour mixture over veggies

Quick Tips:

- Cut and prepare all your carrots at once to save time and have your veggies ready-to-go for meals and quick snacks
- Pair your roasted vegetables with brown rice or leafy greens to add fiber to your meal