

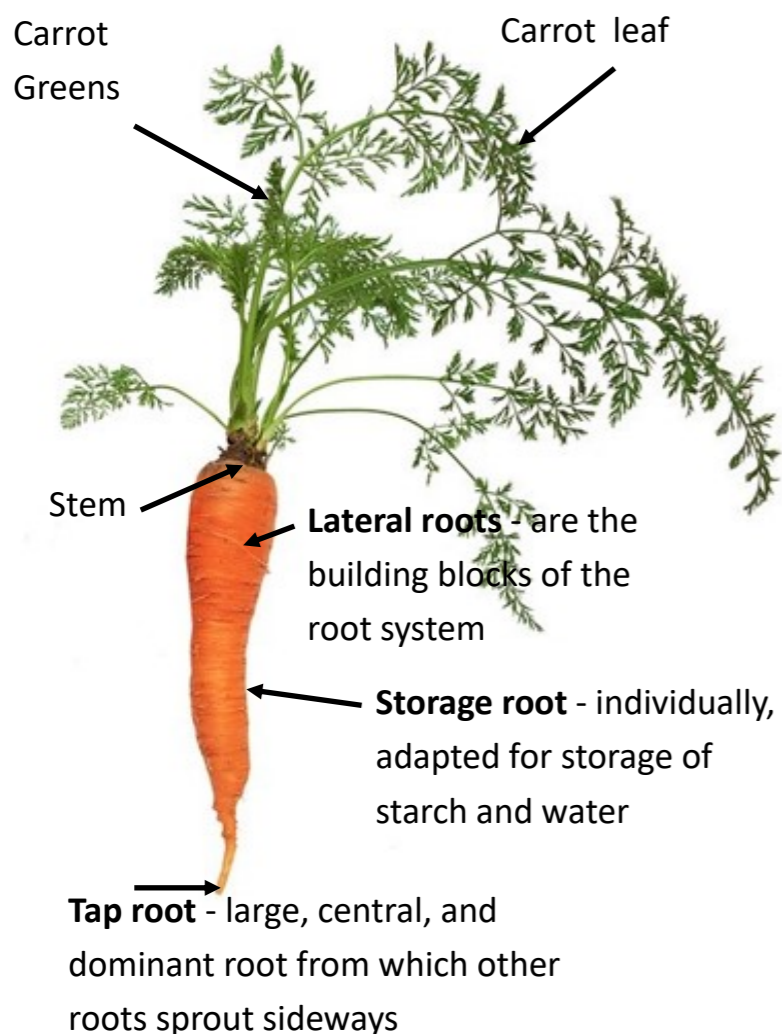


# All about Carrots - (Daucus carota)

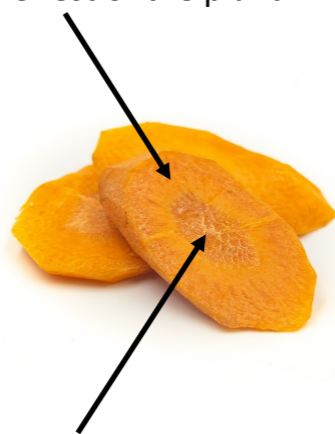


Carrots are the nation's favourite vegetable – 75% of Britons say they eat carrots regularly and we crunch our way through more than 10 billion carrots each year.

## PLANT



Phloem tissue transports food from the leaves to the rest of the plant.



Xylem (a water conducting tissue, transporting water from root to leaf)

## What are Carrots?

The carrot is a root vegetable, often claimed to be the perfect health food. It is crunchy, tasty, and highly nutritious.

Carrots come in different sizes, shapes and colours other than long and orange – look out for round carrots, as well as unusual colours such as red, yellow and even purple.

The most commonly eaten part of the plant is the taproot, although the stems and leaves are eaten as well .

## The orange veggie is more interesting than you thought

We Brits eat our way through £290 million or 700,000 tonnes worth of carrots every year – that's approximately 100 carrots per person!

If you laid all the carrots grown in this country in one year end to end they would reach 2.3 million kilometres – that's two and a half return trips to the moon.

The total area in Britain planted with carrots each year is 9000ha – that's 2000 times bigger than the roof area of the new Wembley Stadium or the equivalent of 18,000 football pitches

The World's Longest Carrot was grown by Joe Atheron from Mansfield Woodhouse, Nottinghamshire in 2007. The carrot was measured in at 5.84 metres, over 19 foot long.

The World's Heaviest Carrot was grown by Peter Glazebrook from Newark, Nottinghamshire in 2014 and weighed 20 pounds (9.07 kg).

According to Asian tradition whereby foods are classified as yin, yang or neutral, carrots are regarded as a yang food, known for their tendency to warm the body, tighten muscles and speed up movement.






## FLOWER



A flowering carrot is a sign that the plant has bolted and will not be good to eat



**Check out our Crunchy Carrot fun facts for children. Learn interesting information.**

-  Root vegetables grow underground, so many of them develop during winter
-  If you leave carrots in the ground, their leafy tops will grow bright white flowers
-  Carrots take around four months to grow from seed to vegetable
-  Carrots are members of the parsley family
-  People first started growing carrots, to use them as medicine, not food
-  Whilst carrots are grown for their roots, it is also possible to eat the leaves
-  Root vegetables absorb nutrients from the soil as they grow
-  Root vegetable plants store energy in their roots, this support their leaves and flowers
-  Carrots can be made into jam
-  Carrots can be squeezed to produce carrot juice
-  Carrot seeds are very small; over 1000 of them would fit in a teaspoon!
-  Most root vegetables need to be cooked before eating, but carrots can be eaten raw as well
-  If the top of a carrot root comes out above the level of the soil, the sunlight makes it turn green

**When shopping what should we look for when selecting our Carrots and how to keep it in 'tip top' condition at home.**

Choose mature carrots that are firm and have smooth skin.

For orange ones, look for carrots that have rich, orange colour. The deeper the orange, the more beta carotene the carrots will contain.

Remove leafy green carrot tops before storage so they do not suck moisture and nutrients from the carrots themselves. (Green tops are edible, and taste great in stir fry, soups etc.)

Carrots should be stored in a loose plastic bag in the refrigerator crisper.

Alternatively if you have a large amount of harvested carrots, you can always freeze them.

It is important to blanch (part cook them) to kill any harmful bacteria before placing them in the freezer.

- Wash and peel your fresh firm carrots
- Cut into required shape (baton or sliced)
- Place into pan of boiling water for about 5 minutes.
- Transfer into colander and run under cold water , making sure all carrots cool down quickly.
- Once all cold, drain and dry with paper towel.
- Transfer into freezer bag, ideally laying flat to ensure good air flow once in freezer (don't over fill)
- Label bag and freeze until required.

