

Drying: Drying is the oldest method of preserving food. You can dry in an oven at 130° F to 150° F, in a food dehydrator, or in the sun with netting. The netting protects the food from bugs.



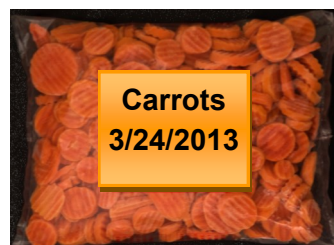
Carrots	Select crisp, tender carrots, free from woodiness. Wash, trim off the tops and root tips, cut into slices or strips about 1/4 inch thick.	Steam blanch 3-4 minutes, (explained in the freezing section)	Tough, brittle in 10 to 12 hours
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Freezing:

Freezing is one of the easiest and most convenient methods of preserving foods for later use. Blanching is the process of immersing food in boiling water for a short period, then cooling rapidly in an ice bath to stop

Carrots	Remove tops, wash, scrape, dice or slice 1/4 inch thick.	Blanch 2 minutes, cool, pack and freeze in freezer bags or boxes.
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cooking. Blanching times are listed in the chart.



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Canning Carrots

Canning vegetables must be done with care. All foods harbor microorganisms; these decrease food quality and may form toxins or poisons under certain conditions. To preserve food for long-term storage, conditions must be made unfavorable for the growth of microorganisms.

Food acidity determines which canning method is needed. A pressure canner is needed for canning vegetables. Pressure canners attain a temperature of 240 - 250° F in order to destroy harmful effects of bacteria.

For further information on proper canning practices and processing times for vegetables refer to the National Center for Home Food Preservation at:

www.uga.edu/nchfp



For more information contact your local
University of Idaho Extension Office or visit
www.uidaho.edu/extension
www.uidaho.edu/extension/twinfalls

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Colorful Carrots

Carrots are loaded with beta carotene, a great source of vitamin A. Carrots also are a good source of vitamins B and C, potassium, calcium, magnesium, and folic acid. They are colorful, flavorful, and can be used in a number of dishes, cooked or raw. Carrots are one of the most popular root vegetables.



This brochure offers useful facts on carrots. Inside you will find a recipe, preparation methods, storage, freezing, drying, and canning instructions to help at home.



How to Make Use of Carrots

Carrot Raisin Salad

Serves 4

Ingredients

2-3 carrots, shredded, about 1-1/2 cups
1/4 cup raisins or dates
1/4 cup canned crushed pineapple, drained
1 Tablespoon plain fat-free yogurt
4 Lettuce leaves, optional

Directions

Combine carrots, raisins, pineapple and yogurt in large bowl.

Refrigerate 2 hours and stir occasionally.

Serve on lettuce leaves if desired

Nutrition: Serving size 1/2 cup

Calories: 60, Total fat: 0, Saturated fat: 0,
Protein: 1 g, Carbohydrates: 14 g, Cholesterol:
0 mg, Dietary fiber: 2 g, Sodium: 30 mg

Courtesy of the: iCookbook Diabetic



10 Healthy Ways to Use Carrots

Roasted - Preheat oven to 450 degrees F. Cut carrots in half lengthwise then slice into 1 ½ inch-long pieces. Spread on a baking sheet or in a pan large enough to hold them in a single layer. Coat with 2 teaspoons olive oil. Roast, turning once half-way through cooking, until beginning to brown, about 15 minutes.

Microwave – Cut carrots into 1/8 inch-thick rounds. Place in a large glass baking dish or pie pan. Add ¼ cup broth, or water. Cover tightly and microwave on high until tender, about 3 minutes.

Sauté – Cut carrots into 1/8 inch-thick rounds. Melt 1 table-spoon butter in a large skillet over medium-low heat. Add carrots, stir and cook until tender, about 4 minutes. Add 1 tea-spoon sugar, stir until glazed.

Steam – Cut carrots into 1/8 inch-thick rounds. Place in a steamer basket over 1 inch of water in a large pot set over high heat. Cover and steam for 4 minutes.

Stir-fry – Cut into fine strips, place in skillet with 2 teaspoons of vegetable oil. Stir over medium heat until tender. Add other vegetables and seasonings as desired.

Raw – Carrots are great served raw. Have cut carrots ready for dunking in your favorite dip for a great after-school treat.

Juiced – Make your own carrot juice. Wash 2 pounds of carrots. Puree the carrots in a blender or food processor. Process until finely chopped or mashed. Add 2 cups of hot water and stir. Allow this to stand for 15-30 minutes. Use a hand strainer to remove the pulp. If you would like, add the juice of 2 oranges and enjoy. You may serve over ice.

Soups/Stews – Carrots are great in soups and stews. Just cut into desired lengths and add to your soup or stew with other vegetables.

Shred – Shred carrots for your salad or to add to coleslaw. Try adding apples and raisins or dates to your salads.

Cookies, Quick Breads, Muffins – Add carrots to cookies and cakes. Make up carrot quick breads and freeze to use at a later date.

General Preparation Instructions

How to Choose Carrots: Look for bright green leaf tops and a smooth exterior. Avoid carrots that are limp, soft or discolored.

1. Wash and scrub carrots well under clean water.
2. Peel carrots, if desired, with a vegetable peeler. Trim thin slices lengthwise from the surface until the entire surface is peeled. Peel only one layer from the surface.
3. Use a sharp knife to cut in desired lengths, or shred for a salad. Carrots may also be cooked then pureed (the process of blending cooked carrots in a food processor) to mix with mashed potatoes or for breads, cookies, or cakes.



Storage: Carrots are best stored in a cold, moist storage area, 32-40° F. The colder part of the refrigerator generally provides this range of temperature. Place vegetables in plastic bags or place them un-bagged in the crisper, which should be half or more full. With all moist storage methods, if vegetables need to be washed, drain them before storing them. Remove excess water or allow it to evaporate before storing.

