

Carrots

Storage

Trim the greens and store unwashed in the refrigerator crisper drawer, they will keep for several weeks.



Preparation

Wash in cold water and brush clean of any debris, peel if desired. Carrots can be eaten raw and you can shred, chop, or juice carrots. You can also boil, steam, roast, stir-fry, or grill carrots and they can be added to most stews, soups and salads.

Nutrition

Carrots are rich in antioxidants making them beneficial for cardiovascular health. They help improve vision and eye health and have anticarcinogen benefits as well. Steaming carrots is one of the best way to get all the nutrients.