



Carrots

The Harvest of the Month featured fruit is carrots.

Health and Learning Success Go Hand-in-Hand

Help your child do better on tests by serving a variety of colorful fruits and vegetables every day. With *Harvest of the Month*, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

Produce Tips

- ◆ Carrots are always in season. You can find them fresh, frozen, or canned.
- ◆ Look for smooth, firm, and well-shaped carrots with an even color.
- ◆ Avoid carrots that feel soft, limp, or wilted. Carrots are always in season. You can find them fresh, frozen, or canned.
- ◆ Refrigerate carrots in a plastic bag for up to two weeks.
- ◆ If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- ◆ Look for low-sodium varieties of frozen or canned carrots.

Healthy Serving Ideas

- ◆ Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- ◆ Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- ◆ Have your child think of other ways to include carrots in family meals.
- ◆ Ask your child to tell you why eating fruits and vegetables is important.

Let's Get Physical!

- ◆ With spring testing, it is important that your child gets outside. Daily physical activity may help improve your child's focus and test performance.
- ◆ Take your child on a scavenger hunt at a local park. See how many different types of plants and trees your child can find.

For more ideas, visit: www.bikeleague.org

FAMILY NEWSLETTER

Nutrition Facts

Serving Size: 1/2 cup (72g)

Amount Per Serving

Calories 31

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 7g 3%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.54mg 4%

Potassium 84mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Harvest
of the
Month™



SUPREME MASHED POTATOES

Makes 10 servings. $\frac{3}{4}$ cup per serving.
Total time: 55 minutes

Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- $\frac{1}{2}$ cup low-sodium chicken broth
- 1 tablespoon butter

1. Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
2. Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
3. Drain pot and keep 1 cup of the cooking liquid.
4. Mash potatoes, carrots, and garlic with a hand masher.
5. In a small pan, heat chicken broth and butter over medium heat until butter melts.
6. Slowly stir broth mixture into the mashed potatoes.
7. If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

Nutrition information per serving:

Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

How Much Do I Need?

- ◆ A $\frac{1}{2}$ cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.
- ◆ A $\frac{1}{2}$ cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- ◆ Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.
- ◆ Frozen, canned, and cooked carrots are just as nutritious as fresh.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Find out how much each person in your family needs. Help your family eat the recommended amount by serving a variety of colorful fruits and vegetables in meals and snacks throughout the day. It will help keep your family healthy.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

* If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.



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These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.