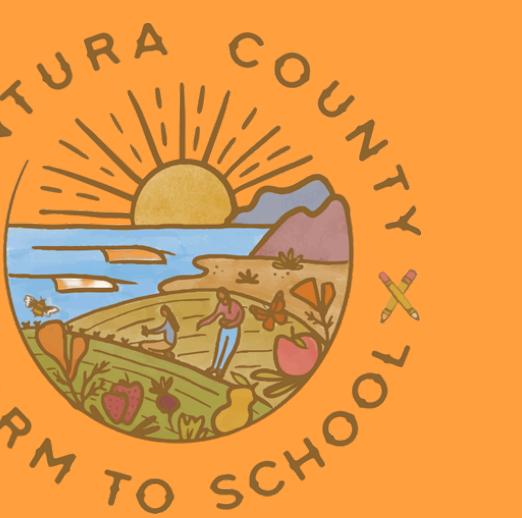


HARVEST OF THE MONTH

CARROTS/ZANAHORIAS

agenda

- **Learn about Harvest of the Month**
- **Baby carrots versus adult carrots**
- **Farmer of the Month**
- **Why do we “thin” carrots in the garden?**
- **About carrot seeds**
- **Carrot Math: How long from seed to plate?**
- **Taste a local carrot**

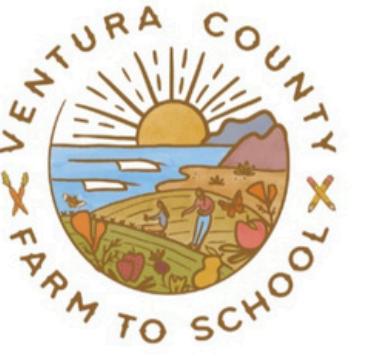




HARVEST OF THE MONTH

*When students are able to taste seasonal fruits and vegetables
We learn about the farmers who grow the food we eat!*

CARROTS



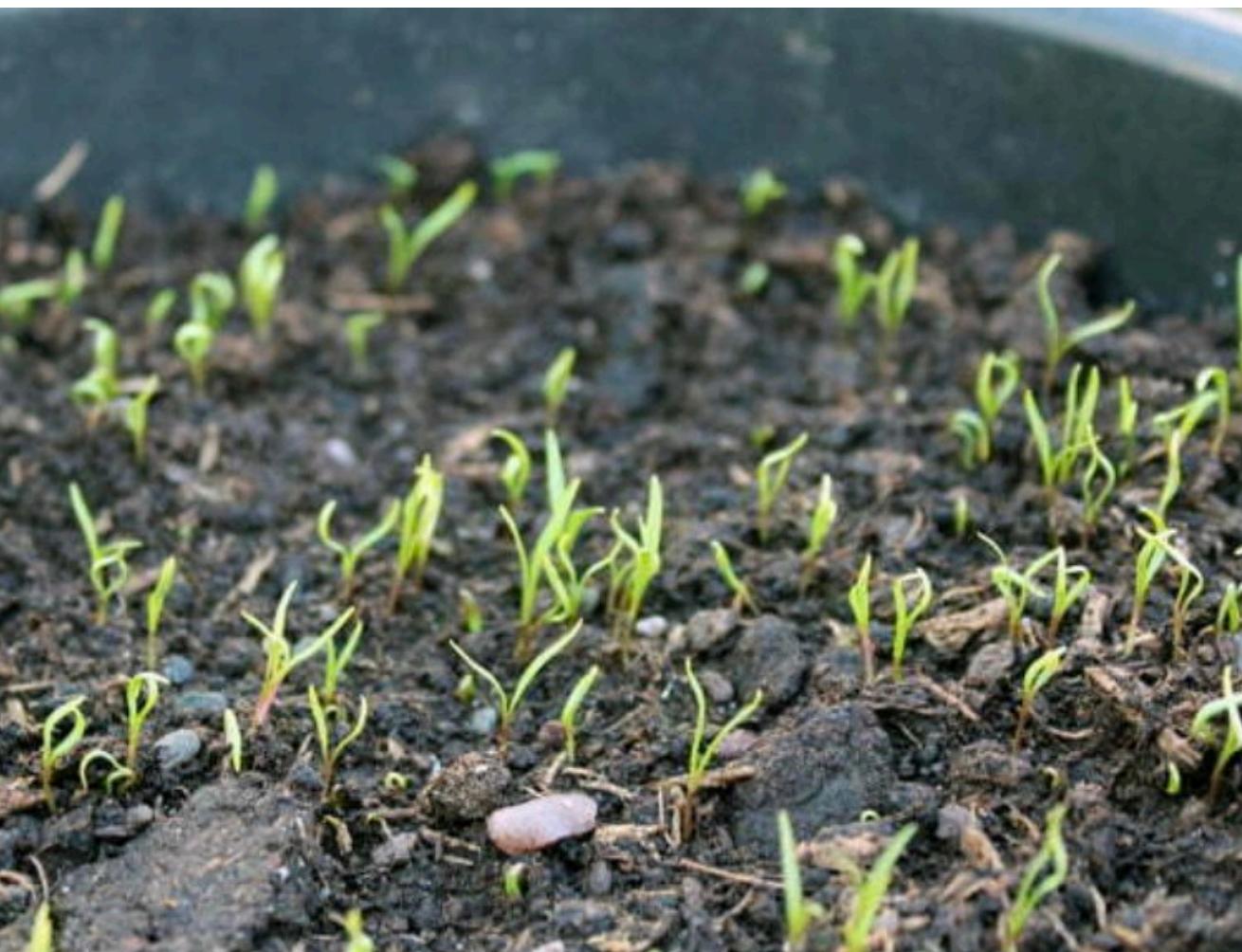
- CA grows 90% of all carrots in the United States
- Grow best in winter weather in CA when the soil is cooler
- Rich in beta-carotene, a nutrient that gives them their orange color



How do they grow?



SEEDS



SPROUTS



FIELD



[Watch video on YouTube](#)

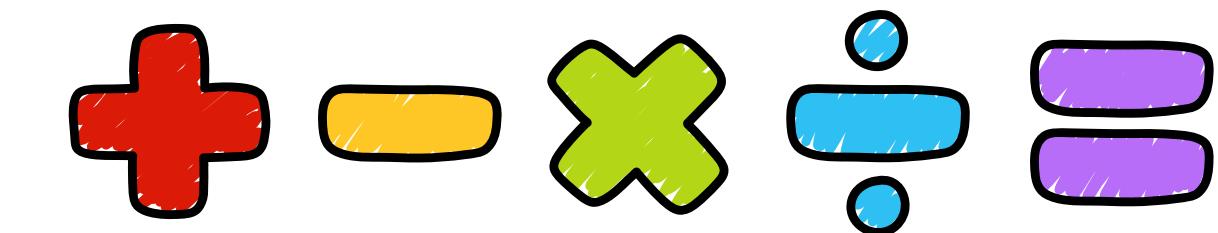
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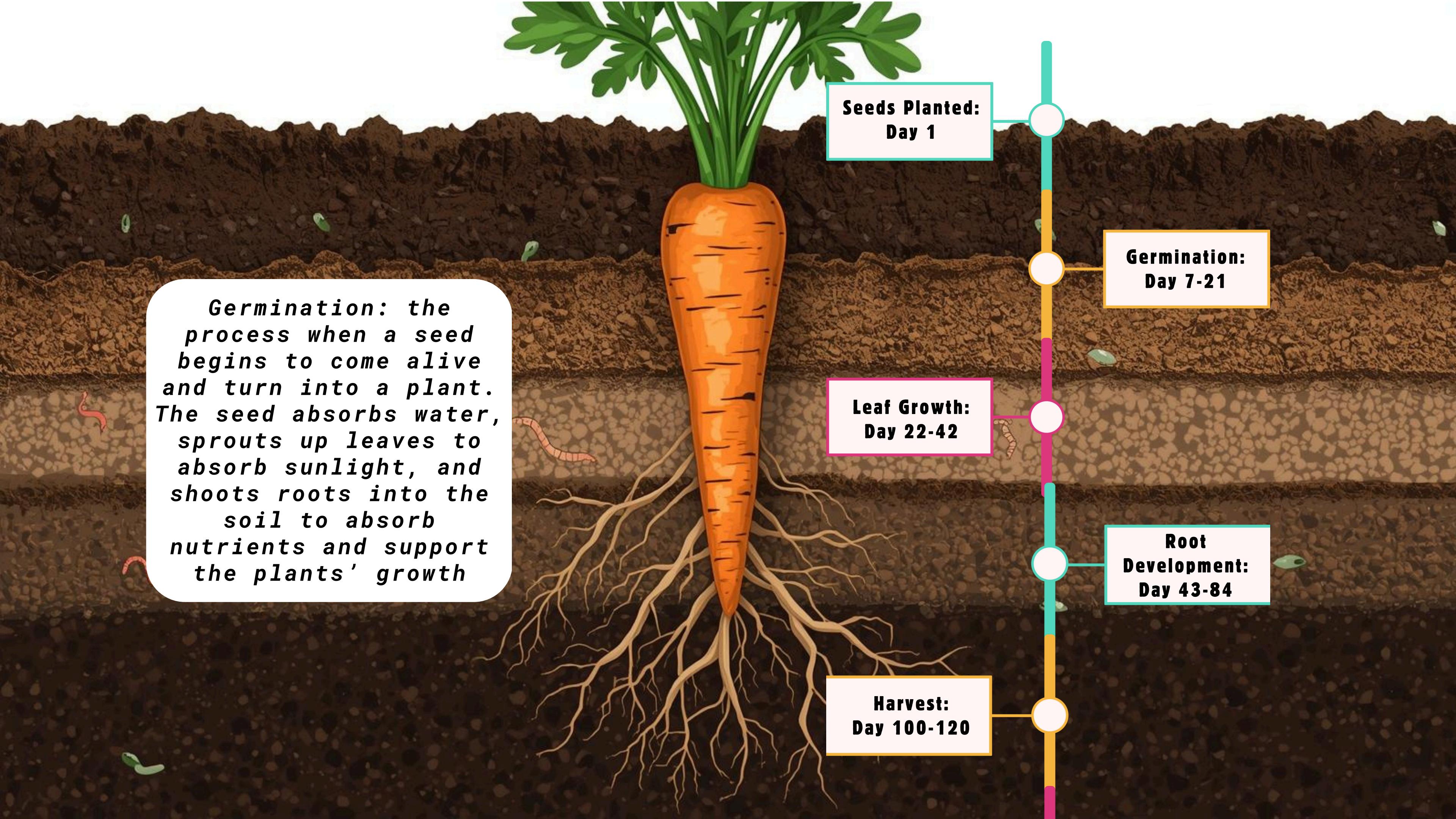
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- **Carrots are a ROOT vegetable. Why are they called this?**
- **Ventura County grows about 300 acres of carrots each year, which produce 13,000 TONS of carrots. How many carrots are in one ton?**
 - Hint #1: the average weight of a single carrot is 2 ounces.
 - Hint #2: a ton equals 2,000 pounds
 - Hint #3: a pound equals 16 ounces
- **BONUS Question: Each year, carrots earn 3 Million dollars in Ventura County. How much is that per acre of carrots?**





Germination: the process when a seed begins to come alive and turn into a plant. The seed absorbs water, sprouts up leaves to absorb sunlight, and shoots roots into the soil to absorb nutrients and support the plants' growth

Seeds Planted:
Day 1

Germination:
Day 7-21

Leaf Growth:
Day 22-42

Root Development:
Day 43-84

Harvest:
Day 100-120



Harvesting
carrots is
always a
surprise!





Carrot Nutrition

- Vitamin A: supports vision and skin health
- Also contain vitamins K, C, and potassium!
- Fiber- which is good for digestion
- Potassium helps your heart
- Antioxidants help your immune system

FARMER OF THE MONTH



Meet Osorio Family Farms:

Juan and his family live in Oxnard but farm in Carpinteria each day. They grow 15 acres of crops organically, because soil health, the environment, and great produce is extremely important to them. They run a family farm, and grow a diverse range of crops to sell at farmers markets and to schools. They are wonderful to work with and we are so happy to support their farm this month!



These boxes are packed onto a truck and arrive in your school cafeteria within one week of harvest!



Carrot Knowledge

- More than 300 types of carrots!
How many have you tried?
- Danvers, Nantes, Chantenay, and Rainbow are some favorites
- The carrot crunch comes from all of the water inside!
- First carrots came from Afghanistan, over 1,000 years ago

TASTING WITH ALL OUR SENSES

