

CARROTS

For those of you that have kids, the reports are that the carrots don't usually last more than a couple hours in the house (or get eaten on the way home from pick up)! Carrots are an easy vegetable to eat, but there are a few key things you can do to store your carrots and use the entire veggie - including the tops.

To store: To avoid “floppy carrots,” you need to remove the green tops as soon as you can, leaving about an inch of stems. If you can only do one thing to prep your veggies for storage, this should be it. Refrigerate these carrots in a plastic bag. You can also store them in a bin of water (like celery) to keep them crisp, changing out the water every few days. Save the tops to use for a pesto or seasoning (store those in a bag in the fridge). Or put them in a plastic Ziplock in your freezer and use them to make DIY vegetable or chicken stock.

To use: Organic carrots don't need to be peeled. Fresh carrot tops can be chopped into a green salad or stir-fry too! The greens can be dried and used as an herb like parsley. Eat carrot spears plain or dipped in hummus, peanut butter, or creamy dressing. Combine carrots with other root vegetables for a roasted vegetable platter. (Lightly coat in oil and salt and roast at 400 degrees until veggies start to brown all over about 30 minutes).

To freeze: Blanch for 3 minutes, rinse in cold ice water, drain, let dry, and pack in airtight container.