



Get to know: Carrots

The carrot *Daucus carota* subsp. *sativus* is a domesticated root vegetable selectively bred for its larger and more delicious taproot. Carrots are actually biennial plants that grow a rosette of leaves in the spring and summer of the first year while building up the stout taproot that stores large amounts of sugars for the plant to flower in the second year. It was domesticated from a wild carrot native to Europe and southwestern Asia.

Carrots are useful companion plants for gardeners. The pungent odour of onions, leeks and chives help repel the carrot root fly, and other vegetables that team well with carrots include lettuce, tomatoes and radishes, as well as the herbs rosemary and sage. If left to flower, the carrot, like any umbellifer, attracts predatory wasps that kill many garden pests.

Nutrition

One cup (100g) of snap peas has 41 calories, 9.6g of carbohydrates, and 2.9g of fibre. With 41 calories per 1-cup cooked serving, carrots fill you up without costing you too many calories. If you're trying to control your calorie intake to lose weight or maintain a healthy weight, foods like carrots make a good choice.



Facts

The orange colour of the carrot is highly characteristic of the root, but the informed historian will know that the colours of carrots were typically more varied before the 17th century. It was Dutch growers cultivated orange carrots as a tribute to William of Orange – who led the struggle for Dutch independence – and the colour stuck. A thousand years of yellow, white and purple carrot history was wiped out in a generation in favour of orange.

Health Benefits

Carrots are an excellent source vitamin A and a good source of vitamin K, biotin, and vitamin C. The root plant has been associated with a long range of health benefits such as improvement in eyesight, antioxidants and cardiovascular protection.

source: en.wikipedia.org/wiki/carrot, www.whfoods.com, www.washingtonpost.com
image: woolworths.com

What to do with carrots:

Low-Fat Turkey-in-the-Garden Meatloaf

Recipe by: Food.com

Serves: 4

What You Need:

- 600g ground turkey (or beef)
- 150g chopped spinach
- 1/2 cup quick oats or 1/2 cup old fashioned oats, uncooked
- 1/4 cup finely chopped onion
- 1/4 cup shredded carrot
- 1/4 cup milk
- 1 egg white or 1/2 egg, lightly beaten
- 3/4 teaspoon Italian mixed herb seasoning (oreganum, thyme, rosemary, basil, sage)
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

What To Do:

1. Combine in a large mixing bowl the turkey or beef, the spinach, which has been squeezed to drain, the oats, onion, carrots, egg, milk, herbs, salt and pepper.
2. Use a fork to blend the meat ingredients.
3. Pat into a lightly oiled 22cm loaf pan, or shape into a loaf and place in the middle of a baking pan.
4. Bake 1 hour or until a thermometer registers 75 degrees C and the centre is no longer pink.
5. Let loaf stand out of the oven for 5 minutes before slicing.

source: www.food.com/recipe/low-fat-turkey-in-the-garden-meatloaf-72163

More information

- Carrot-apple-ginger smoothies: www.rachaelraymag.com/recipe/carrot-apple-ginger-smoothies/
- Carrot Cake Cookies: www.cookingchanneltv.com/recipes/carrot-cake-cookies.html
- Carrot and Almond Butter popsicles: veganfoody.tumblr.com/post/55339964988/carrot-cake-and-almond-butter-popsicles