

## LEARN



### facts

- Spanish translation: *La zanahoria* • Hmong translation: *Qos*
- Carrots are a type of root vegetable, meaning that the part we most commonly eat grows underground and is called a taproot (a large, tapered root). The leafy green tops of carrots can be eaten too.
- Carrots come in a rainbow of colors including purple, yellow, white, red, and orange.



## EAT



### nutrition & seasonality

- Carrots are an excellent source of beta-carotene. Our bodies turn beta-carotene into vitamin A. Vitamin A supports young children's vision and eye health.  
**Share with children:** Vitamin A helps our eyes see in the dark.
- Fresh carrots grown in Wisconsin are available from mid-July through October. Carrots can be stored through winter.

**CRUNCH**  
into  
**CARROTS**

## TASTE



Nutritious,  
Delicious,  
Wisconsin!

### taste testing

Carrots come in many different colors, including orange, red, purple, white, and yellow. Bring an assortment of colors to class and have children explore the different shades. Cut some carrots to see how the color is different inside and out. Taste each color. Do they all taste the same? Are any colors sweeter?



## FUN

### activity: Create a mystery bucket



— Adapted from:  
*Got Veggies?*  
ECE Edition!  
*An Early Care and  
Education Garden-  
Based Resource*

**Create** a mystery bucket by covering an ice cream pail with colorful paper or fabric. Glue a piece of felt or foam over the opening. Cover with duct tape for extra stability if needed. Cut an X in the felt or foam, large enough for children’s hands to fit through.

**Place** a carrot inside. Have children describe what they feel and guess what is in the mystery bucket. You can also try this with other root vegetables, like beets, sweet potatoes, radishes, turnips, or rutabaga.



**Share pictures** and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



## READ

### books



- *Growing Vegetable Soup* by Louis Ehler
- *Tops and Bottoms* by Janet Stevens
- *Oliver’s Vegetables* by Vivian French
- *Carrots Grow Underground* by Mari Schuh
- *The Carrot Seed* by Ruth Krauss
- *The Giant Carrot* by Jan Peck
- *Carrot Soup* by John Segal
- *Feast for 10* by Cathryn Falwell
- *Gathering the Sun* by Alma Flor Ada



### planting

Plant carrot seeds in early spring. Carrot seeds are very small and difficult to space evenly (½ inch apart). Mixing the seeds with some coarse sand or dried coffee grounds before planting makes it easier to space seeds. Carrots are biennial, meaning they have a two-year life cycle. In the first year, the edible root is formed, which we eat. In the second year, the plant grows larger foliage and produces flowers and seeds. Consider leaving a carrot over the winter to see the carrot’s interesting flower in the summer.

### harvesting

Harvest carrots when the roots are at least 1/2 inch thick (1-2 inches is ideal). To harvest carrots safely, loosen the soil carefully around your carrots then pull the carrots out by hand.