



# CRUNCH into CARROTS

Nutritious • Delicious • Wisconsin!



# Crunch into carrots at home!

## Kid Approved Veggie Fries

- Cut carrots into ¼-½ inch segments.
- Toss with olive oil, salt, and seasonings.
- Spread on a baking sheet and roast at 400°F for 20-30 minutes until crisp.

## Family Fun: Taste a Rainbow

Gather different colored carrots (purple, yellow, white, red, or orange). Do they all taste the same? Are any colors sweeter? Roast a few and compare raw versus roasted carrots. Draw a picture of your favorite color carrot and share a photo on Facebook using #WIHarvestoftheMonth!

*Make meals and memories together.  
It's a lesson kids will use for life.*

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