

## CT Harvest of the Month FEBRUARY - CARROTS AND PARSNIPS!



### FUN FACTS:

Carrots can be grown in many different colors which can make them resemble parsnips. What's the difference? Parsnips and carrots are related but are not in the same family. Parsnips have a spiced flavor and carrots are sweeter. Try them both!

*Locally Grown,  
Farm Fresh  
Fruits and  
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good for your  
body and  
supporting  
local farms  
supports our  
economy so. . .*

**Put CT  
Grown  
on your  
Tray !**

#### Why carrots and Parsnips?

Carrots and parsnips are rich in antioxidants, fiber, and vitamins! Together these help to protect your teeth, gums, skin, eyes, and more!

Tasty and healthy?  
Wow!

#### carrots and Parsnips are the CT Harvest of the Month

Locally grown carrots and parsnips from farms right here in CT are being served in school lunches across New London County.

**February is National  
Fiber Focus Month!**

#### Featured Farm of the Month:



Hunts Brook Farm Market Stand.

**Hunts Brook Farm  
Quaker Hill  
Farmers Rob & Theresa  
Schacht**

**What they grow:** All kinds of vegetables, including carrots!

#### You can find buy their food:

This winter at  
Fiddleheads Coop  
This summer through  
their CSA and farm stand  
& at  
Waterford Farmers Market  
Chester Sunday Market

#### Their food is served at:

New London Public Schools  
Waterford Public Schools  
La Belle Aurore Restaurant  
The Oyster Club

Find them on Facebook!

#### Try it. You'll Like it!

Be part of the Half a Cup Club - try just  $\frac{1}{2}$  cup serving of carrots and parsnips at your next meal.

Eat them raw or roasted! YUM!

#### Recipe of the Month:

##### Honey Roasted Carrots and Parsnips

2 POUNDS OF CARROTS AND PARSNIPS PEELED AND HALVED LENGTHWISE

6 TBSP OLIVE OIL

1 TBSP BUTTER

1TBSP HONEY

1 TSP BALSAMIC VINEGAR

**Directions:** Drizzle vegetables with oil and roast in 400°F oven for 10 min. Flip and roast for 20 min or until tender and slightly charred. Drizzle with mixture of melted butter, honey, and vinegar. Enjoy!

**To learn more about the benefits of eating and growing carrots visit:**

<http://kidsgrowingstrong.org/Carrots>

Contact Farm FRESH New London County Schools at [farm2schoolnl@gmail.com](mailto:farm2schoolnl@gmail.com) or (860) 574-9006 for more information about Farm to School activities in New London County.

