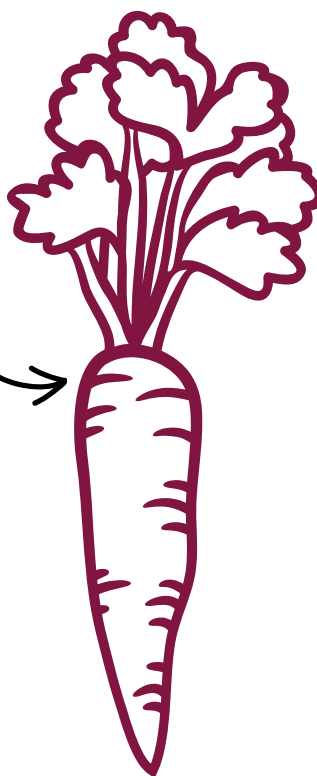


CARROTS

WHAT PARTS CAN I EAT AND HOW?

THE ROOT

- In baked goods
- Raw in salads (grated, in ribbons)
- In soups or stews
- Steamed, roasted or sautéed



THE LEAVES

- Pulse them in a pesto
- Toss them into a salad
- Sprinkle them over roasted veggies, soups and bowls
- Simmer into a vegetable stock

WHEN IS IT IN SEASON?



New season carrots are available from **July to October!** But Quebec carrots are available year round, and are an affordable staple vegetable.

STORAGE



Just like other root vegetables, put unwashed directly into your refrigerator's crisper drawer. If they are getting limp you can either cook them or soak in cold water in the fridge (they will likely need to be peeled afterwards)!

CARROT OAT MUFFINS

MAKES 12 MUFFINS

INGREDIENTS:

- 1 cup milk or non dairy milk of choice
- 1 egg
- 1 cup all-purpose flour
- 1 1/2 cups oats
- 1/2 cup sugar
- 1/4 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup oil of choice
- 2 tsp vanilla extract
- 1 cup grated carrots
- 1/4 cup dried raisins

INSTRUCTIONS:

1. Preheat the oven to 350°F. Lightly grease a 12-hole muffin tray, or line with paper. Set aside.
2. In a small mixing bowl, whisk egg, sugar, oil and milk. Add the carrots.
3. In another large mixing bowl, combine flour, salt, baking soda, baking powder, cinnamon, and nutmeg. Make a well in the center, add the liquid mix.
4. Fold in the raisins.
5. Divide batter into 12 muffins. Bake for 20-25 minutes or until golden brown.

GINGER CARROT SOUP

SERVES 6

INGREDIENTS:

- 1 tbsp olive oil
- 1 clove garlic, diced
- 1/2 cup diced potatoes or celery root
- 1 1/2 inch piece of ginger, grated
- 4 cups broth of choice
- 1 1/4 pounds carrots, chopped
- 1 1/2 tsp curry powder
- Salt to taste

OPTIONAL TAHINI CREAM

- 1/4 cup tahini
- 1/3 cup water
- 1/2 tsp turmeric

INSTRUCTIONS:

1. Heat the oil in a large pot over medium heat. Add the onion, and sauté until tender and translucent, about 8 minutes.
2. Add the curry powder and stir well.
3. Stir in the broth, carrots, potato, and bring to a boil. Season everything with salt. Lower the heat to maintain a simmer. Cook, stirring occasionally, until the veggies are tender, about 25 min.
4. Using an immersion blender (or using a regular blender and working in batches), blend until completely smooth. Return the soup to the pot over low heat and cook, stirring often, until heated through.
5. In a small bowl, stir together the raw tahini, water, turmeric, and salt to taste. Keep stirring until completely combined, and add more water for a looser consistency. Pour half of the tahini cream into the pot of soup and stir to incorporate. Reserve the rest to garnish the soup.