

## Planting

Plant 3/15-4/5 or 7/20-8/5

(Guidelines for planting in raised beds)

**Seeds:** Sow seeds in shallow rows that are 2-4" apart. Cover the seeds with a half inch of soil.

## Care

**Seeds:** Water the seeds regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.



**Young seedlings:** Once the seeds have germinated, thin the plants so that they are 2-3" apart. Mulch plants with cotton burr compost or straw to keep soil moist.



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## Carrot

*Daucus carota*

### Nutrition Facts

- The potassium in carrots helps nerves function in the body.
- Carrots have a large amount of Calcium.
- Vitamin A in carrots helps eyesight.
- Most of the nutrients in carrots are found under the skin, so instead of peeling them, simply scrub the carrots with a brush to remove dirt.

## Harvest & Storage

Harvest carrots once carrot greens are 6-8" tall and you can see the top of the carrot peaking out of the ground. If you are not sure how big your carrots are, dig one up and take a look. Carrots should be at least 6 inches tall and the thickest part of the carrot should be at least one inch in diameter.

Lightly wash carrots with water and cut off the leaves, leaving about an inch of the stalk. Store in the refrigerator for up to 10 days. If you are not ready to eat all the carrots you planted all at once, they may also be kept in the ground and pulled up once you are ready to eat them.

## Recipe

\*Wash all vegetables before using\*

### Yogurt Dip

1 cup non-fat plain yogurt

Chopped chives

1/8 teaspoon of garlic powder

In a medium bowl, mix all ingredients together. Dip your fresh carrot sticks into the mixture and enjoy!