

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

**See the schedule and register at:**  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

**Find them at**  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

**Find them at**  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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**@KansasCityCommunityGardens**



**@kccommunitygardens**



**www.kccg.org**



**816.931.3877**



**contact@kccg.org**



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Kansas City, MO 64132**

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Great Carrots

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**KCCCG**  
KANSAS CITY COMMUNITY GARDENS

# KCCG's Varieties

**Mokum** - 54 days - Early Nantes type hybrid. A short, very early carrot that has a great sweet flavor. It matures quickly making it ideal for early spring or fall gardens. Tops are shorter than other varieties.

**Nantes** - 62-70 days. Small 10-12" tops with 6.5" x 1" bright red-orange blunt roots. Good fresh or frozen.

**Rainbow Blend** - 60 days - Mix of purple, yellow, white, red and orange carrots in a beautiful blend.

**Royal Chantenay** - 65 days. Cylindrical 6" roots for heavy or shallow soils. Tops are sturdy, 15-20." Dependable heavy yields.

## **Planting:**

Spring: March 15- April 15  
Fall: July 20- August 10

In a raised bed, Scatter seeds in shallow rows 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.

## **Nutritional 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 and 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 as they mature, they may also be stored in the ground and pulled up once you are ready to eat them.