

Did you know.....?

- There are over 100 species of edible carrots.
- Until the 17th century carrots were black, white, red and purple colors.
- The orange carrot we know today was created by special breeding the Netherlands for the royal family, the House of Orange.
- A carrot is 87% water.
- Carotenemia is a skin condition caused by eating an extremely large amount of carrots. It will give your skin a yellowish tint.
- “Baby“ carrots are imperfect carrots that have been trimmed down to the cute size we love to eat.



ridgelandharvest.com



**Meet your Carrot Farmers! These smiling faces are the Eddy family, the people behind the Ridgeland Harvest farm near Viroqua. Mat, Cate and sons started their farm in 2000, and now grow over 25 acres of vegetables, strawberries, and herbs. They participate in community supported agriculture, also known as the CSA program. They also sell at the Dane County Farmers Market on Saturday mornings. You may find their food in some of the local restaurants and even at your school. The carrots students enjoyed at today’s harvest of the month presentation are one of their specialties, along with onions, garlic, tomatoes, and salad greens. We appreciate their hard work making such delicious things for us to eat! Thanks Ridgeland Harvest and all of our other local farmers. We are lucky to have you!**

**Crunch!**

Carrots are great for your eyes! Rabbits don't wear glasses!



Look for the Harvest of the Month display in your local grocery store, complete with recipe cards from Crossing Rivers Health. This month’s carrot recipe: Copper Pennies!

Every month, the AmeriCorps Farm to School members Danielle Sullivan and Julie Doskocil share a “Harvest of the Month” with Crawford County students so that they become familiar with different foods that are produced or grown in the area. Students are exposed to healthy, fresh foods and learn that it is fun to try new things! Another goal of the program is to incorporate local foods into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

