



**PUT LOCAL ON YOUR TRAY**

*This month Greenwich Schools are celebrating with:*

# Carrots

## FEBRUARY



Local Tray Days: February 5, 20, 28



### Fun to Know

#### 1 Medicine First

Carrots were first cultivated for their medicinal qualities, before they became a common vegetable

#### 2 Crazy Colors

When carrots were first cultivated around 900AD, there were no orange carrots, only yellow and purple!

## Crunchy Carrot Craziness!

This month our cafeteria is featuring local CARROTS! Food Service Staff are getting ready to prepare some delicious samples of this fresh produce.

In this newsletter you will find a fun recipe you can whip up at home with some carrots of your own!

On **February 5, 20, 28** students will have a chance to sample honey glazed carrots. We will be featuring and tasting a different local product each month this year through our Put Local On Your Tray project.

### Tasty Tidbit:

It's a myth that carrot greens are poisonous! They can be eaten cooked, or used raw in a salad. They make an excellent pesto in place of basil leaves as well!



## Bring it HOME

Find a farm near you, pick up some produce, and have some fun! Not sure where to go? Visit [buyctgrown.com](http://buyctgrown.com) to find local products near you.

In the **CLASSROOM**  
Read: *The Carrot Seed*, by Ruth Krauss

## RECIPE

### Honey Glazed Carrots

Ingredients: 1-lb Carrots / Baby Carrots • 2 Tbsp Honey • 1 Tbsp Butter • Salt/Pepper to taste.

- 1 Wash and cut carrots into 2 inch pieces, slicing diagonally
- 2 Fill a large sauce pan with 1" of water-add carrots and cook until tender/crisp, about 10-12 minutes. Drain well.
- 3 Add carrots, honey and butter back to sauce pan and heat, stirring frequently until butter is melted and carrots are glazed. Season to taste and serve immediately.

## ACTIVITY

### Germination Observation:

- 1 Gather a clear glass jar, a roll of paper towels, and some seeds.
- 2 Wet the paper towels one at a time and stuff them into the jar.
- 3 Pick 3 or 4 seeds and place them inside between the side of the jar and the paper towels (make sure you can see them!)
- 4 If you used different kinds of seeds, make sure to label the jar on the outside so you can keep track
- 5 Keep the paper towels moist (but not soaking) for the next week or so. Make sure to check the jar every day to see what the seeds are up to!

Visit *Put Local On Your Tray* online!

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