

Georgia Grown  
Carrots

Sweet Georgia Carrots

Today, carrots are one of the newest and most popular commodities in the Georgia vegetable industry. Georgia carrots are sweeter because climatic conditions help Georgia carrots develop more sugar during the growing process.

Carrots are good for you.

Nutrient Analysis  
one medium carrot

Calories 30  
Protein 1g  
Total Fat 0g  
Saturated Fat 0g  
Cholesterol 0mg  
Sodium 0mg  
Total Carbohydrates 7g  
Dietary Fiber 2g

Perhaps the greatest nutritional benefit Georgia carrots have to offer are their high level of betacarotene. Betacarotene is a plant pigment that gives carrots their vibrant orange color. An element, betacarotene may help reduce some forms of cancer. One single carrot can supply enough betacarotene to meet our total daily requirement of Vitamin A.

Scalloped Carrots

4 cups sliced carrots  
2 tablespoons butter or margarine  
1 medium onion, chopped  
1 (10.75-ounce) can cream of celery soup,  
undiluted  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup (4-ounces) shredded Cheddar cheese  
2 cups herb-seasoned stuffing mix  
1/4 cup butter or margarine, melted

Preheat oven to 350°. Cook carrots in a small amount of boiling water for 10 minutes or until tender; drain. Melt 2 tablespoons butter in a skillet over medium-high heat; add onion, and cook until tender, stirring constantly. Stir in carrots, soup, and next 3 ingredients; spoon into a lightly greased 2-quart baking dish. Combine stuffing mix and 1/4 cup melted butter; spoon evenly over

carrot mixture. Bake for 20 minutes or until thoroughly heated. Yields 8 servings.

Nutrition Information Per Serving:

Calories 216 / Protein 5g / Carbohydrates 21g / Fat 13g / Cholesterol 35mg  
Fiber 3g / Calcium 104 mg / Iron 1mg / Sodium 775mg

Hint: To reduce calories, fat, and cholesterol, use 1 tablespoon margarine (instead of 2 tablespoons) to cook onions, fat-free cream of celery soup, and 2 tablespoons of margarine (instead of 1/4 cup) in the topping.

Carrot Fritters

3/4 cup coarsely grated carrots  
1/2 cup thinly sliced green onion  
1 large egg, lightly beaten  
1/3 cup bread crumbs  
1/4 teaspoon salt  
1/4 teaspoon pepper  
vegetable oil for deep-frying

In a medium bowl, combine the carrot, green onion, egg, bread crumbs, salt and pepper. In a large skillet, heat 1 inch of oil until it registers 375° on a deep-fat thermometer or until very hot. Being careful not to crowd the pan, drop the fritter mixture into the oil by tablespoons, and fry for 1 1/2 to 2 minutes, or until golden brown. Transfer the fritters to paper towels and drain. Yields about 10 fritters.

Nutrition Information Per Fritter:

Calories 62 / Protein 1g / Carbohydrates 4g / Fat 5g / Cholesterol 21mg  
Fiber .5g / Calcium 16mg / Iron .4mg / Sodium 92mg

Shredded Coleslaw

Dressing Ingredients

1/2 cup light sour cream  
1/2 cup reduced calorie mayonnaise  
2 teaspoons celery seed  
1 tablespoon prepared horseradish  
1/4 teaspoon salt  
1/4 teaspoon coarsely ground pepper

Salad Ingredients

3 medium carrots, shredded  
(about 2 cups)  
1 medium zucchini, shredded

- (about 2 cups)
- 1 small head cabbage, shredded  
(about 2 cups)
- 1 medium Vidalia™ onion, chopped  
(about 1 cup)

In a small bowl, stir together all dressing ingredients. Cover; refrigerate at least 30 minutes. In large bowl, stir together salad ingredients. Cover; refrigerate at least 30 minutes. Drain salad, pressing out excess moisture. Pour dressing over salad; toss to coat well. Serve immediately. Store refrigerated. Yields 10 servings.

**Nutrition Information Per Serving:**

Calories 70 / Protein 1g / Carbohydrates 8g / Fat 4g  
 / Cholesterol 8mg  
 Fiber 1.7g / Calcium 41mg / Iron .6mg / Sodium 134mg

**Georgia Carrot Cake**

- 2 cups sugar
- 1 1/4 cups vegetable oil
- 4 eggs
- 3 cups self-rising flour
- 2 teaspoons ground cinnamon
- 2 cups finely grated carrots
- 1 cup chopped pecans

Preheat oven to 325°. Cream sugar and oil at medium speed of an electric mixer. Add eggs, one at a time, mixing well. In a separate bowl, combine flour and cinnamon and add creamed mixture. Stir in carrots and pecans. Pour batter into greased and floured bunt or tube pan. Bake for 1 hour or until wooden pick inserted in center comes out clean. Cool cake in pan 10 to 15 minutes; remove from pan. Yields 20 slices.

**Nutrition Information Per Serving:**

Calories 324 / Protein 4g / Carbohydrates 36g / Fat 19g  
 Cholesterol 42mg / Fiber 1g / Calcium 76mg / Iron 1mg  
 Sodium 255mg

**Carrot Curls**

- 2 8 to 9 inch carrots
- 1/4 cup softened Blue cheese
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped pecans,  
toasted

Halve carrots lengthwise and, using a vegetable peeler along flat side of each half, cut about 18

long wide strips. Beginning with the wider end, wind each ribbon around your thumb, securing ends with wooden picks. Chill carrot curls in a bowl of ice water for 1 hour. In small bowl, cream together blue cheese, celery, and pecans and drop level teaspoons onto a plate. Chill filling, covered, 45 minutes. Drain carrot curls. Working with 1 carrot curl at a time, remove wooden pick and pat dry. Beginning with the wider end, wrap each carrot curl around a teaspoon of filling and resecure ends with wooden picks. Yields 18 curls.

Nutrition Information Per 3 curls:

Calories 65 / Protein 2g / Carbohydrates 4g / Fat 5g  
/ Cholesterol 4 mg Fiber 1g / Calcium 42mg / Iron 0mg  
/ Sodium 96mg

Best Ways To Enjoy Carrots

- ¥ To vary the look and texture of fresh carrots, try different cuts like sliced, diced, and julienne.
- ¥ Cut carrots into thin strips and allow them to soak in ice water until curls are formed.
- ¥ Carrots liquefy very well in your food processor or juicer since they are made of water-88%.
- ¥ Add a twist to ordinary pot roast... by adding whole carrots to pot roast as it is cooking.
- ¥ Cook carrots in melted butter; add lemon or orange zest for added flavor.
- ¥ Cabbage and carrots make great partners in cole slaw.
- ¥ Carrots are for dips... in addition to other vegetables include carrot strips on your party platter for added color.

Fun Facts About Carrots

- ¥ Carrots belong to the parsley family and were originally cultivated for healing purposes.
- ¥ In the 15th Century, carrots were introduced to England from Holland. In English society, a sign of a well dressed English woman was that her hair was

adorned with carrot leaves.

- ¥ Coffee substitute? In Germany, chopped carrots were used to replace coffee when the country experienced a low coffee supply.

#### A Buyers Guide To Carrots

- ¥ Look for smooth, firm and well-shaped fresh carrots that are bright orange to orangish-red in color.
- ¥ To store: remove any leafy tops or stems, rinse, drain and place in plastic bags before refrigerating.
- ¥ Shriveled, cracked, or soft carrots should be discarded.
- ¥ If you buy fresh unpackaged carrots, look for those carrots with fresh green tops.

#### Carrots In Georgia

The season to harvest for fresh Georgia carrots is December through June. Georgia carrots are grown commercially in the Southern portion of the state.

Georgia ranks 5th in the nation in production of fruits & vegetables. Our state is blessed with good climate, soil conditions and excellent growers to provide you with high quality fresh produce year around.

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