

# CARROTS



## Planting, Weeding and Thinning

When planting carrots, you'll want to sow a healthy amount of seeds in rows about 6 inches apart. It's important to keep the seeds well watered to promote germination. Carrots don't compete well with weeds, so at the first sign on emerging carrots, be sure to pick out any weeds before they get too big.

When your carrots are a few inches tall, it's time to thin them. Thinning carrots allows them to reach their full size. By carefully pulling out some seedlings, you'll keep the remaining carrots from being overly crowded.

## CONTAINER CARROTS

Problem with pests? Not enough space in the garden? Take heart! You can grow carrots in containers! Use a pot, bin or old plastic storage container with drainage holes. Just be sure any container you use is at least 10" deep and watered well.

**Not Thinned**



**Thinned**



# Carrot Top Pesto Pasta

When you harvest your carrots, save the leafy green tops!

## Ingredients

- 6 oz. angel hair pasta
- 3 medium zucchini
- 1 Tbsp olive oil (for zucchini noodles)
- about 3/4 cup carrot tops (washed!)
- 1/2 cup spinach
- 1 cup basil leaves
- 2 garlic cloves
- 1/3 cup shredded parmesan (or nutritional yeast)
- 1/3 cup walnuts
- 1/4 cup olive oil (for pesto)
- 3 Tbsp water
- 1 Tbsp lemon juice

## Directions

1. Cook the angel hair pasta according to package directions, about 7-8 minutes.
2. In a food processor, add the carrot tops, spinach, basil, garlic, parmesan, walnuts, olive oil, water and lemon juice. Blend until smooth.
3. Using a spiralizer, spiralize the zucchini into noodle shapes. Heat 1 Tbsp of olive oil in a large skillet over medium-high heat. Add the zucchini and cook for 2 minutes.
4. Add the pasta to the pan and half of the pesto. Stir and add more pesto if you'd like. Enjoy!



Remember those seedlings you thinned?

Don't throw them in the compost yet! Those thinned seedlings make great additions to salads, sandwiches, wraps, omelets and more!

# Carrot Ribbons with Peanut Sauce

## Ingredients

- 3-4 carrots, peeled
- 1-2 green onions, chopped thinly
- 1 1/2 tablespoons creamy peanut butter
- 1 tablespoon soy sauce
- 1 1/2 tsp rice vinegar
- 1 teaspoon toasted sesame oil
- 1/2 tsp packed light brown sugar
- 1/2 tsp fresh lemon juice
- 1/2 tsp garlic powder
- 10 fresh mint leaves, thinly sliced
- 1 tsp toasted sesame seeds

## Directions

- 1.) Use a vegetable peeler to shave the carrots into thin, wide ribbons.
- 2.) Whisk the peanut butter, soy sauce, rice vinegar, sesame oil, sugar, lemon juice and garlic in a small bowl.
- 3.) In a large bowl, add the carrot ribbons, green onions and sauce. Stir to combine.
- 4.) Top with fresh mint leaves and sesame seeds

