



February Harvest of the Month



Harvest of the Month: Carrots

Fun Facts

- ✓ **Carrots** are an excellent source of vitamin A (helps fight infections).
- ✓ **Carrots** can be orange, purple, white, red or yellow.

Buying Tip

Choose smooth, firm, crisp **carrots** with deep color and fresh, green tops. Refrigerate up to two weeks.

For the Classroom

Include **carrots** in your lesson plans this month by using the resources in the link below!
www.gafarmtoschool.org/carrots/

Harvest of the Month: Cauliflower

Fun Facts

- ✓ **Cauliflower** is a good source of folate (helps the body make healthy blood cells).
- ✓ **Cauliflower** means "cabbage flower".

Buying Tip

Select **cauliflower** with a creamy white color and bright green leaves. Refrigerate up to five days.

For the Classroom

Include **cauliflower** in your lesson plans this month by using the resources in the link below!
<http://gafarmtoschool.org/cauliflower/>

Ginger Carrot and Tomato Soup

Ingredients:

- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 ½ tablespoons ginger root, minced
- 4 cups low sodium vegetable broth
- 6 large carrots, trimmed, peeled and sliced
- 1 can of fire-roasted tomatoes (14.5 ounces)

Instructions:

1. Sauté onion and garlic in olive oil for 3 minutes.
2. Add ginger and cook for another 2 minutes.
3. Add 4 cups of vegetable broth and carrots.
4. Bring to a boil, reduce heat and cover. Cook for about 20 minutes.



* Makes 6 servings. For full recipe click here!

Mashed Cauliflower

Ingredients:

- 1 cauliflower, cut into small florets
- 1 tablespoon extra-virgin olive oil

Instructions:

1. Boil large pot of water.
2. Add cauliflower and cook for 10 minutes.
3. Transfer cauliflower to a food processor.
4. Add oil and water, 1 tablespoon at a time, and purée until smooth.
5. Season with salt and pepper.



* Makes 4 servings. For full recipe click here!