

# Gourmet Vegetables

Feed the Family

# Carrots

(*Daucus carota*)



## DESCRIPTION

The carrot is a root vegetable, usually orange or white, or red-white blend in color, with a crisp texture when fresh. The edible part of a carrot is a taproot. It is a domesticated form of the wild carrot *Daucus carota* native to Europe and Southwestern Asia.

**Cosmic Purple** is a carrot with 15 to 20cm (6 to 8in) long, sweet crunchy roots. The roots are smooth and straight, with a sweet flavour and a slight hint of spice, it matures in 65 to 70 days.

**Royal Chantenay** Perfect for heavier soils and containers! The small, conical roots have broad shoulders and strong foliage making them easier to pull when harvesting.

**Little Finger**. Popular baby carrot with a deep orange color. Tender and sweet flavor, fresh 4" long and 1" thick. Perfect for serving whole and great for snacks. Maturity 55 days.

**Scarlet Nante**. Classic Heirloom. Bright orange throughout, medium slender carrot. Good for juicing. Nearly coreless 6" carrot in just 9 weeks! Does well in clay soil.

**Tendersweet**. The sweetest carrot on the market. An heirloom tapered 7" rich

orange coreless root. Easy to grow. An excellent all-around carrot for cooking, canning, baking and juicing. 75 days to maturity.

**Carnival Blend**. Just like the popular orange carrots, red, purple, white and yellow carrots contain plenty of vitamin A and other healthful nutrients. 75 days until maturity.



## PROPERTIES

Carrots are an excellent source of beta carotene, which is converted in the body to vitamin A. The deeper the orange colour of a carrot, the higher the beta carotene content. Vitamin A helps with night vision and also benefits the skin and is great for the immune system.



## GROWTH

Easy to grow. Sow seed at a depth approximately three times the diameter of the seed. Best planted at soil temperatures between 8°C and 30°C. 46°F and 86°F. Space plants: 25 - 30 cm apart Harvest in 12-18 weeks. Compatible with: onions, leeks, lettuce, sage, peas, radishes, tomatoes, beans, celery and rosemary. Avoid growing with: parsnips, beetroot, dill, brassicas, fennel.



## ULTIVATION

A hardy root vegetable which grows well in deep cool soil. Carrots take about 3 weeks to show themselves and the first leaves look like grass in hotter or dry areas. Water well before seeding then cover with boards to maintain the moisture and cool soil for more successful germination. Over fertilised ground will produce split roots. Protect against carrot fly. It is best to put carrots in a different area of the garden each year for four or five years.



## SES

With many vegetables, cooking destroys some of their Vitamins, but you can absorb more beta carotene from cooked carrots than from raw ones. Older carrots have a higher quantity of sugar than younger carrots and so taste sweeter, but younger carrots have more folate, one of the B vitamins. Carrots are also a great source of dietary fibre. Steamed or raw carrots are tasty. They can be added to most casserole-type dishes. Grate raw carrots and add to salads.

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Any enquiries can be directed to:  
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