

SDSU

Extension



# Carrot

In season:



Summer & Fall

*Dakota: Pangi zizi*

*Lakota: p̄haŋǵí zizi*

## Pick it!

Baby carrots are slightly shorter carrots that have been peeled, trimmed, and packaged.

Select carrots with dark orange color for more beta-carotene.

Carrots can also be white, yellow, red and purple.

Avoid huge overgrown carrots, as centers can be woody.

Keep fresh for several weeks in the crisper drawer of the refrigerator in pierced plastic bags with green tops trimmed.

Scrub all soil from carrots before eating or cooking if desired, peel.

## Try it!

Carrots match well with almost any vegetable.

Raw carrots good for snacking and adding to salads.

Cook by steaming or microwaving and add to soups, stews or roast, grill, or stir fry.

Carrots can be shredded and baked into cakes and breads.

Green carrot tops can be added to soups and stews but store separately just a few days.



## Types of Carrot

**Orange:** most common, 7-10 inches long, many varieties

**Baby:** tender and sweet, 3-5 inches long, 1/2 inch thick

**Purple, Red, Yellow, White:** different pigments result in different colors



## Did you know...

Beta-carotene antioxidant in brightly colored fruits and vegetables. Brighter the color the higher the beta-carotene. Our bodies use beta-carotene to make Vitamin A.

**Like it!**

## **Braised Carrots with Fresh Herbs**

### **Ingredients**

- 1 lb. baby carrots or carrot sticks
- 1 cup beef broth
- 1 teaspoon honey
- 1 Tablespoon margarine
- 2 Tablespoons fresh parsley, chopped or 1 Tablespoon dried

### **Directions**

Rinse, scrub and peel carrots. Leave baby whole or cut larger carrots into sticks that are 2-3 inches long and then cut into halves or quarters so that all pieces are about the same size. In a medium saucepan, bring beef broth to a boil, add carrots, honey, butter and parsley. Cover and simmer for 4-5 minutes. Remove carrots from the liquid to a warm plate. Continue simmering the broth for 15-20 minutes longer until it becomes a thickened liquid glaze. Return carrots to pan and cover them with the glaze.

Yield 4 servings

Nutrition Facts per Serving:  
Calories 90; Fat 3.5g; Cholesterol 0mg; Sodium 125mg;  
Carbohydrates 13g; Fiber 3g; Sugar 7g; Protein 2g

## **Dakota Perspective (Wild Carrots)**

*Dakota Name: Pangzi zizi*

A favorite amongst tribes, harvested for food, very nutritious and could be stored for a long time, eaten raw or added to soups. When looking for wild carrots they would often watch rabbits or look for where rabbits were digging them up. The root or edible part is white rather than orange. High in vitamin A and C and contains a high mineral content, good for skin and eye health

*Translation and information provided by a member of Hunkpati Dakota. Lakota word translate by Jeshua Estes.*

## **Glazed Carrots**

### **Ingredients**

- 2 Tablespoons margarine
- 1 ½ pounds carrots
- 1-cup water
- ¼-teaspoon pepper
- 2 teaspoons sugar

### **Directions**

Peel the carrots. Cut in half lengthwise, then cut into 1-inch pieces. Melt the margarine in a heavy saucepan on low heat. Add the water, salt and pepper. Cover and simmer for about 15 minutes until tender. Drain the water. Add the sugar. Cover the pan. Shake the pan back and forth on the burner for 1 minute. Cook for 1 more minute, until the carrots are glazed but not brown.

Yield 6 servings

Nutrition Facts per Serving:  
Calories 90; Fat 4g; Cholesterol 0mg; Sodium 210mg;  
Carbohydrates 12g; Fiber 3g; Sugar 7g; Protein 1g

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