



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Carrot

*Dakota: Pangí zizi*

*Lakota: p̃haŋǵí zizí*



## Pick it!

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

## Try it!

Cook by steaming, microwaving, roasting, grilling or stir-frying. Add to soups or stews.

## Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Dakota word translated by a member of Hunkapti Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Carrot

In season:



Summer and  
Fall

**Dakota:** *Pangi zizi*

**Lakota:** *p̣haŋǵí zizí*

## 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 are good for snacking and adding to salads.

Cook by steaming, microwaving, roasting, grilling or stir-fry. Carrots can also be added to soups or stews.

Carrots can be shredded and baked into cakes and breads.

Green carrot tops can be added to soups and stews; store separately for 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 is an antioxidant in brightly colored fruits and vegetables. The 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 pound baby carrots, whole or carrot sticks 2-3 inches long, halved or quartered
- 1 cup beef broth
- 1 teaspoon honey
- 1 Tablespoon margarine
- 2 Tablespoons fresh parsley, chopped or 1 Tablespoon dried

### Directions

1. Rinse, scrub and peel carrots.
2. In medium sauce pan, bring beef broth to a boil, add carrots, honey, butter and parsley. Cover and simmer for 4-5 minutes.
3. Remove carrots from the liquid to a warm plate.
4. Continue simmering the broth 15-20 minutes longer, until its a thickened liquid glaze.
5. Return carrots to pan and cover them with the glaze. Serve.

Yields 4 servings

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

## Glazed Carrots

### Ingredients

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

### Directions

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

Yields 6 servings

Nutrition Facts per Serving:  
Total Calories 80; Total Fat 4g, Saturated Fat 1g;  
Cholesterol 0mg; Sodium 102mg; Carbohydrates 11g;  
Dietary Fiber 3g, Total Sugars 6g, Added Sugars included 1g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots)

## Dakota Perspective (wild carrots)

*Dakota name: Pangī 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 vitamins 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.*

**Find more recipes  
and videos at  
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# Carrot

***Dakota: Pangi zizi***

***Lakota: p̄haŋǵí zizí***

- Can be white, yellow, red or purple.
- Baby carrots slightly shorter, peeled, trimmed and packaged.
- Keep fresh for several weeks in refrigerator crisper drawer in pierced plastic bags with green tops trimmed.
- Scrub soil from carrots before eating or cooking; if desired, peel.
- Raw carrots are great snacks and additions to salads.
- Cook by steaming, microwaving, roasting, grilling or stir-frying.
- Carrots and their green tops can also be added to soups and stews.

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## Braised Carrots with Fresh Herbs

### Ingredients

- 1 pound baby carrots, whole or carrot sticks 2-3 inches long, halved or quartered
- 1 cup beef broth
- 1 teaspoon honey
- 1 Tablespoon margarine
- 2 Tablespoons fresh parsley, chopped or 1 Tablespoon dried

### Directions

1. Rinse, scrub and peel carrots.
2. In medium sauce pan, bring beef broth to a boil, add carrots, honey, butter and parsley. Cover and simmer for 4-5 minutes.
3. Remove carrots from the liquid to a warm plate.
4. Continue simmering the broth 15-20 minutes longer, until its a thickened liquid glaze.
5. Return carrots to pan and cover them with the glaze. Serve.

Yields 4 servings

Nutrition Facts per Serving:

Calories 90; Fat 3.5g; Cholesterol 0mg; Sodium 125mg;  
Carbohydrates 13g; Fiber 3g; Sugar 7g; Protein 2g

## Glazed Carrots

### Ingredients

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

### Directions

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

Yields 6 servings

Nutrition Facts per Serving:

Total Calories 80; Total Fat 4g, Saturated Fat 1g; Cholesterol 0mg;  
Sodium 102mg; Carbohydrates 11g; Dietary Fiber 3g, Total Sugars 6g,  
Added Sugars included 1g; Protein 1g

Source: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/glazed-carrots)



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In season:



Summer and  
Fall

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## Sampling Display Instructions

### Braised Carrots with Fresh Herbs

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per sample serving			
Baby carrots or carrot sticks	1 pound (3 cups)	1 ½ pounds (4 cups)	2 pounds (6 cups)
Beef broth	1 cup	1 ½ cups	2 cups
Honey	1 teaspoon	1 ½ teaspoons	2 teaspoons
Margarine	1 Tablespoon	1 ½ Tablespoons	2 Tablespoons
Fresh parsley, chopped (fresh is preferred or use dried if fresh is not available)	2 Tablespoons fresh or 2 teaspoons dried	3 Tablespoons fresh or 1 Tablespoon dried	4 Tablespoons fresh or 4 teaspoons dried

### Directions:

1. Rinse, scrub and peel carrots. Leave baby carrots whole or cut larger carrots into sticks that are 2-3 inches long and then into halves or quarters so that all pieces are about the same size.
2. In a medium saucepan, bring beef broth to a boil. Add carrots, honey, margarine and parsley. Cover and simmer for 4-5 minutes.
3. Remove carrots from liquid to a warm crockpot. Continue simmering broth for 15-20 minutes longer until it becomes a thickened liquid glaze.
4. Add the glaze to the carrots in the slow cooker and stir. Transport in the slow cooker.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick it! Try it! Like it! Preserve it! produce sign as table tent and fact sheet or recipe card
- Allergy Alert sign
- Recipe video (optional) [youtube.com/watch?v=oSY-8OgYBd6o](https://youtube.com/watch?v=oSY-8OgYBd6o)



### Notes:

- Prepare Braised Carrots with Fresh Herbs. Do not overcook. Transport in a slow cooker and keep warm. Bring a bit of extra liquid in case this dries out while holding.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates. Ask parent's permission before children may sample.
- Ask them if they use carrots often in their meals. Ask them whether they use fresh (baby or regular, coins, shredded), canned or frozen forms. Ask them if they could use this recipe.
- Display different packaged carrot types on the table.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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## Sampling Display Instructions

### Glazed Carrots

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoons per sample serving			
Margarine	1 Tablespoon, ½ teaspoon	1 ½ Tablespoons	2 Tablespoons, ¾ teaspoon
Carrots	13 ounces	18 ounces	1 pound, 11 ounces
Water	½ cup, 1 ½ teaspoons	12 Tablespoons, ½ teaspoon	1 cup, 2 Tablespoons, ¾ teaspoon
Pepper	¼ teaspoon	¼ teaspoon	½ teaspoon
Sugar	1 ¼ teaspoon	1 ½ teaspoon	2 ¼ teaspoons

### Directions:

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

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick it! Try it! Like it! Preserve it! produce sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=PLlIdDb7IZYqIWYg\\_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Prepare Glazed Carrots. Do not overcook. Transport in a slow cooker and keep warm. Bring a bit of extra liquid in case this dries out while holding.
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