

Recipe: Carrot Cookies

Serving Size: 2 cookies; Yield: 30 servings; Calories per Serving 130

Ingredients:

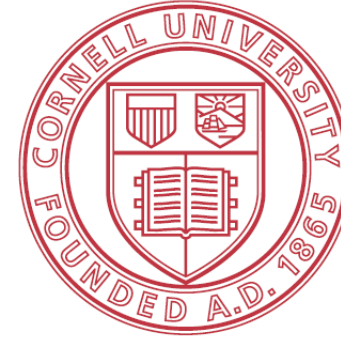
1/2 cup soft margarine
1 cup honey*
1 cup grated raw carrots
2 well beaten egg whites
2 cups all purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon
2 cups raw oatmeal, quick cooking
1 cup raisins

Instructions:

1. In a large bowl, cream together margarine and honey. Stir in carrots and egg whites.
2. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix.
3. Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 degrees for 10 minutes, or until lightly browned.

*Note: Instead of honey, you can use 1 1/4 cups sugar mixed with 1/4 cup water.

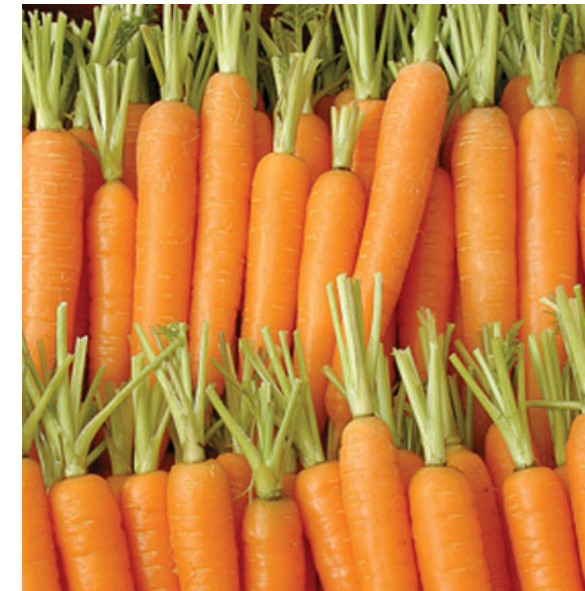
Source: Adapted from Healthy Futures , Virginia Cooperative Extension



Vegetable Growing Guide: Carrot

Cornell Cooperative Extension Clinton and Essex Counties

Carrot Facts



Recommended Varieties:

- Bolero (Nantes)
- Cosmic Purple (Nantes x Imperator)
- Kinko (Early Chantenay)
- Royal Chantenay
- Rumba (Nantes)

Carrots are one of the first crops to grow if you are a beginning gardener, and are a great crop for kids; they're easy and don't require much space. Attractive carrots tops are good for edible landscaping. Plant in deep soil before the last frost, in full sun or very light shade. Varieties of carrots (*Daucus carota var. sativus*) generally fall into one of six types: Imperator (10" long & slender; Danvers (7" long & slender with strong flavor); Nantes (7" long, cylindrical, & sweet); Chantenay (5" long & tapering); Amsterdam (3" long & thin); and Paris Market (round & short).

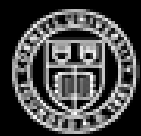
Choose a variety of carrot that best suits your needs, choosing short-season varieties for early planting and summer eating, and only growing longer varieties if your soil is deep, loose, and stone and clod-free.

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Text for this publication was written by Master Gardener Volunteer Nora Teter.

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How to Plant



Carrot seeds should germinate in 7-21 days depending on soil temperature, and are viable for 3 years. Plant outdoors 2 to 3 weeks before the last frost, ½ inch deep, ½ inch apart, in rows 12 to 24 inches apart or in a raised bed. To speed germination, water lightly daily if soil is dry. Thin to 1- to 4-inch spacing (depending on size of root desired) before plants are 2 inches tall, cutting rather than pulling to reduce disturbance of the remaining plants. Use seed tape or pelleted seed for more even spacing and less thinning. Or mix seed in roughly equal proportions with sand, fine vermiculite, or dried coffee grounds. Make additional plantings every three weeks through midsummer for continuous supply and fall harvest

Pests and Diseases

Carrot pests include carrot rust fly, carrot weevil, leafhopper, fireworms, and slugs. To avoid problems with carrot pests do not plant in ground that was sod the previous season. Harvest all carrots by September 1, and clean up garden debris in autumn. If necessary use fabric covers to exclude insects.



Maintenance and Care



Deeply worked soil with a fine, weed-free seedbed will greatly improve the chances of successful crop. Root quality is best when soil temperatures are 60 F to 70 F. Thin and weed carefully, and mulch to keep soil cool.

The shape of the root is determined within the first few weeks after germination when the new plant extends its taproot deep into the soil. Roots can become twisted and forked in heavy, stony soil. Carrots require only moderate nitrogen; too much can cause root branching.

Harvest and Storage

Harvest carrots at 1'-2' thickness. Fall planted carrots should be harvested before ground freezes, or mulch heavily for winter harvest. For best carrot storage cut off the tops and wash roots free of soil, place in plastic bags with holes for ventilation, and store in the refrigerator's crisper. Carrots should store 4-6 weeks in these conditions.



Sources:

Information for the text was taken from the 2003 Cornell Guide to Growing Fruit at Home which can be found at www.gardening.cornell.edu/fruit/homefruit.html

Recipe was provided by Eat Smart New York. More information on this program can be obtained by calling your county's Cornell Cooperative Extension Office.