

Growing UP ...in Ontario!

**THE CRUNCHY
CARROT!**

Do carrots grow in Ontario?

Yes! In 2006, 9,350 acres of harvested land was used to grow carrots. Popular Ontario varieties include Caropak, Cellobunch, Chancellor, Six-Pak, Avenger, Apache, and Caro-chief.

How are carrots grown?

Fresh market carrots are grown across southern Ontario under many different climate and soil conditions. Soils range from light, sandy soils to highly organic muck soils.

When are carrots available?

Look for fresh Ontario grown carrots from July to December. You can buy Ontario carrots year-round, packed in clear plastic bags.



PICTURE THIS!

Carrots are harvested mechanically using either pulling or digging equipment, just like the harvester shown in this picture. Between 17,000 - 20,000 kg of carrots can be harvested per hour!



**Don't forget to
wash your hands
before you eat!**

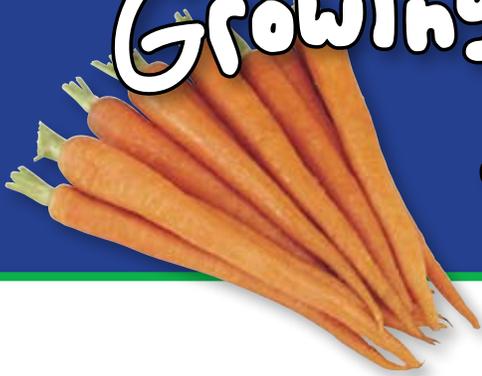
Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Foodland Ontario (2008); Ministry of Agriculture Food & Rural Affairs (2008)

SNACK FACTS!

- In its wild state, carrots are known as Queen Anne's Lace.
- Carrots are one of the oldest foods and are native to the part of Asia we now know as Afghanistan.

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PRODUCE POINTERS

- Removing the leafy green tops from fresh bunched carrots is important to keep carrots full of moisture and vitamins, and to keep them from wilting and toughening.
- When servings carrots raw, cut into strips and place in cold water with a slice of onion for thirty minutes to keep them crisp.

Source: Foodland Ontario (2008)

SNACK SCRAMBLE!

enuqe nnsa csla

Hint: What carrots are called in their wild state.

krocaap _____

gnevare _____

Hint: Two popular Ontario varieties of carrots.



Students:

Can you name three Ontario varieties of carrots? Do you know how your carrots were grown? Read "Picture this!" to find out.

Parents:

Looking for ways to promote different seasonal vegetables and fruit? Try to match the fruit or vegetable to that month's theme, such as carrots in April for Easter bunnies. For more tips, refer to *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools section 3.2.

Teachers:

Looking for ways to include vegetables and fruit in your child's lunch? Watch for handouts like "Liven Up Lunch!" for fun and easy lunch tips.

Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. Do some Bicycle Sit-ups. Lie on your back and touch your right elbow to your left knee, then left elbow to your right knee and repeat.

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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For recipes and more information, visit:

www.eatrightontario.ca
www.foodlandontario.ca
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