



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

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Crunchy, Juicy, and Sweet: Local Carrot Time is Here!

This week we heard from Rising River Farm that they will have carrots for us in just a few days. Rising River Farm is located in Rochester, WA, and they have been selling their fabulous carrots to the Co-op for many years. Rising River's carrots are incredibly juicy, sweet, and crunchy. The carrots they grow taste completely different from the dry woody carrots we get from California for much of the year. I've heard many shoppers express how much they love and look forward to them, and it's not uncommon for shoppers who try them for the first time to say that they've never tasted

any carrots like these before. It's a pretty cool thing to hear people getting so excited about a vegetable that is so familiar! This year you can expect to see deliciously sweet bulk carrots and bagged "baby" carrots from Rising River Farm in our produce department. If you love these carrots as much as we do, and you're interested in ordering a 25lb bag, just let us know — we're happy to special order them for you.

Here is a fresh salad recipe from Rising River's website risingriverfarm.com for you to enjoy on these hot summer days.

Spicy Carrot Ribbon Salad

by Jennifer on January 3, 2015

Ingredients:

- 1 lb carrots

- 2 Tbs. fresh lime juice
- Kosher salt
- ½ cup red onion, thinly sliced
- 1 tsp coriander seeds, crushed
- ⅛ tsp crushed red pepper flakes
- 2 tbsp finely chopped fresh flat leaf parsley
- 1 tbsp extra-virgin olive oil

Instructions:

1. Peel the carrots, then shave them into long thin ribbons, using a vegetable peeler. You'll need 4 cups.
2. In a medium bowl, toss the carrots with 1 tbsp of the lime juice and ¼ tsp salt and let sit for 15 minutes.
3. In a small bowl, combine the onion with the remaining 1 tbsp lime juice, the coriander seeds, pepper flakes, and ¼

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tsp salt.

4. Let sit for 10 minutes, then add to the carrots along with the parsley. Toss to combine, drizzle with olive oil, and serve.

Not All Carrots Are Orange

Although orange carrots are the most widely recognized, the Co-op also carries what we call “rainbow carrots.” These carrots may be yellow, pale peach, dark red, or purple. Each variety (and color) of carrot has its own unique flavor, but perhaps more interesting is that differing colors of carrots have differing nutritional profiles. For example, the deep purple and deep red carrots are high in the antioxidant anthocyanin (also found in dark purple fruits and vegetables like blueberries, blackberries, red cabbage, and eggplant). The rainbow carrots also look fantastic on a veggie plate! Look for these interesting varieties from local farms Piece By Piece Farm and Calliope Farm, both located in Olympia.

How to store carrots

Carrots lose moisture when they are stored, so it's best to keep them in the coldest part of your refrigerator, in either a plastic bag or wrapped in damp paper towels. Be sure to store them away from apples and other produce that produces ethylene gas, as this can cause the carrots to become bitter. Lastly, remove the tops from carrots before storing them for a long period in your refrigerator, as the tops will pull moisture away from the roots.

Carrot Nutrition

Carrots are perhaps best known for their beta-carotene content. (The nutrient beta-carotene was actually named after the carrot!) While they can be an outstanding source of this phytonutrient, carrots actually contain a fascinating combination of phytonutrients, carrots are also an excellent source of vitamin A (in the form of carotenoids). In addition, they are a very good source of biotin, vitamin K, dietary fiber, molybdenum, potassium, vitamin B6 and vitamin C. They are a good source of manganese, vitamin B3, vitamin B1, pantothenic acid, phosphorus, folate, copper, vitamin E and vitamin B2. (source: whfood.org)



This recipe for overnight oats is a delicious way to start the day. The almond extract is “optional”, but it really creates the traditional carrot cake flavor, and I highly recommend it.

Carrot Cake Overnight Oats

recipe by Brittany Mullins from eatingbirdfood.com

Ingredients:

- ½ cup oats
- ¾ cup unsweetened almond or cashew milk
- 3 tbsp grated carrots
- ½–1 tbsp maple syrup
- ½ tbsp raisins
- ½ tsp cinnamon
- ¼ tsp vanilla
- ¼ tsp almond extract (optional)
- 1 tbsp unsweetened flaked coconut
- 1 tbsp chopped walnuts or pecans for topping
- optional add-ins for more protein: protein powder or yogurt

Instructions:

Place all ingredients except the nuts in a container and stir until well combined. Seal with a lid and place in the fridge overnight (or at least a couple hours).

Bring out of the fridge in the morning and stir. You'll notice that the oats soak up a lot of the liquid, so you may want to add a little more almond milk before serving. Top oats with chopped nuts and serve.