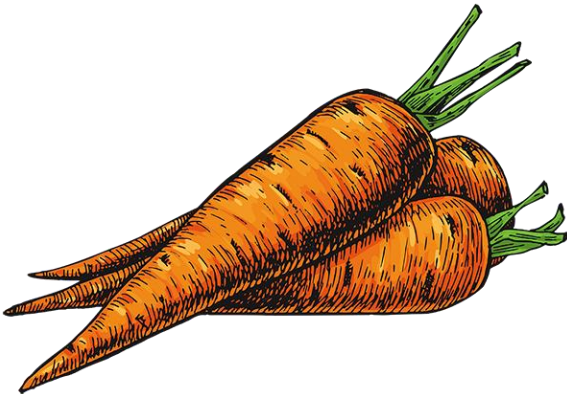




Carrots



Carrots are a popular root vegetable that comes in a variety of colors such as orange, yellow, white or purple, and in all shapes and sizes. When they were first cultivated, carrots were grown for their aromatic leaves and seeds rather than their roots. Now they are used as a stir-fry, soup, stew, or salad ingredient. In the 1980's mini-carrots (carrots that have been peeled and cut into uniform cylinders) became a popular ready-to-eat snack food.

Nutrition

Carrots are an excellent source of Vitamins A and K. One half-cup provides up to 73% of your daily requirement of vitamin A and 9% of daily vitamin K, all for only 20 calories per half cup—with no fat, sodium, or cholesterol.

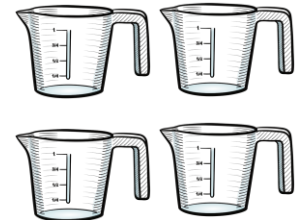
Selection

Select carrots which are well-formed, smooth, bright-colored, and firm. Avoid carrots with large green “sunburned” areas at the top and roots that are flabby from wilting or show spots of soft decay. To clean, rub carrots briskly with your hands or vegetable scrub brush under running water to remove dirt and surface microorganisms.

Storage

Carrots purchased at the grocery store may be stored for up to a month if properly stored in a perforated plastic bag or wrapped in a paper towel in a non-perforated plastic bag - both methods will reduce condensation and extend the length of storage. Carrots can also be stored long term in a root cellar or other microclimate setting with cold temperatures and high humidity.

Measurements



Weight

Volume

Freezing

- Remove tops, wash, and peel.
- Leave small carrots whole, cut others into thin slices, ¼ inch cubes, or lengthwise strips.
- Blanch small whole carrots 5 minutes; diced, sliced or strips 2 minutes in boiling water. Cool immediately by immersing in ice water for an equivalent amount of time.
- Drain and pack in moisture-vapor proof freezer containers or freezer weight plastic bags, squeezing out as much air as possible. Seal, label and freeze.



Drying

Preparation: Select crisp, tender, carrots free from woodiness. Wash. Trim off the roots and tops. Cut into slices or strips about ¼ inch thick.



Pretreatment: Steam blanch 3-4 minutes. Drain well.

Drying Procedure:

- Arrange in single layers on drying trays.
- Dry at 140° F until tough and brittle, no moist areas remain; approximately 10-12 hours. Cool thoroughly.
- Package dried carrots in moisture/vapor proof containers. Label. Store in a cool, dark, dry place.

Boiling Water Bath Canning



Carrots are a low-acid food. Pressure canning is necessary when canning carrots to prevent the growth of botulinum bacteria. Refer to National Center for Home Food Preservation for Pressure Canning instructions
https://nchfp.uga.edu/how/can_04/carrots_sliced.html



Pickling

Pickled carrot products may be safely preserved using the boiling water canning method. Because carrots are a low-acid food, the proportion of vinegar to water in a pickling recipe is critical. Use only tested, approved pickling recipes and follow instructions for preparation of carrots.

Pickled Carrots

Yield: About 4 pint jars

- ¾ pounds peeled carrots (about 3½ pounds as purchased)
- 5½ cups white distilled vinegar (5%)
- 1 cup water
- 2 cups sugar
- 2 teaspoons canning salt
- 8 teaspoons mustard seed
- 4 teaspoons celery seed

Wash and peel carrots well. Wash again after peeling and cut into rounds that are approximately ½-inch thick. In a large pot, combine vinegar, water, sugar and canning salt. Bring to a boil and boil gently for 3 minutes. Add carrots and bring back to a boil. Then reduce heat to a simmer and heat until the carrots are half-cooked (about 10 minutes).

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Pickled Carrots, continued

Place 2 teaspoons mustard seed and 1 teaspoon celery seed in the bottom of each clean, hot pint jar. Fill hot jars with the hot carrots, leaving 1-inch headspace. Cover with hot pickling liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed.

Wipe rim with clean, damp paper towel. Adjust two-piece canning lids and process in boiling water canner according to directions below. Once processing is complete, turn off heat, remove canner lid and wait 5 minutes before removing jars. Let cool at room temperature, undisturbed, for 12 to 24 hours and check for seals. Wipe jars, remove rings, label, and store in a cool, dry place.



Processing Directions:

Style of pack	Jar Size	1–1,000 ft	1,001–6,000 ft
Hot	Pints	15 minutes	20 minutes

Preserve Skagit Crop Sheets describe three food preservation techniques—freezing, drying, and water bath canning—consistent with USDA Food Preservation and Food Safety recommendations. Pressure canning for low acid foods such as meats and vegetables is not included. Additional resources and recipes, as well as information on Pressure Canning, can be found on the WSU Skagit Food Preservation Website <https://extension.wsu.edu/skagit/fam/food-preservation/> or the National Center for Home Food Preservation <https://nchfp.uga.edu/index.html>.

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