



# Know What You Grow!



Photo source: AOL Images

## CARROT

**Scientific Name:** *Daucus carota*

### Recommended Varieties

- Short (3-5 in): 'Short n Sweet,' 'Little Finger,' 'Amsterdam,' 'Lady Finger' and 'Kundulus'
- Medium (5 -6 in): 'Chantenay,' 'Nantes,'
- Standard/Long (7-10 in): 'Imperator,' 'Danvers,' and 'Gold Pak'

### Common Pests

Carrots are not commonly bothered by pests. Occasionally, [carrot rust fly](#) may attack the roots and go undetected until harvest.

More Information: [UC Davis](#) and [Integrated Pest Management](#)

## Growing Information

### Warm to Cool Season Plant

Carrots grow best in warm to cool weather when the soil temperature is between 65° and 80° F.

### Ideal Planting Window

**Inland Valley:** February – April, and August – September. **Desert:** September – December.

### Growing Guidance

**Prepare soil** so it is fine textured and free of clods and stones to prevent misshapen roots. **Select seeds to match soil depth.** Short and medium varieties are well suited for more shallow soil conditions or containers. Standard carrots need about one foot of soil. **Sow seeds** in full sun, ¼" deep in rows 1' apart, or broadcast thinly in beds and cover lightly with soil. Keep moist. **Thin seedlings** to 1" – 2" apart so they have room to size up.



Photo Source: AOL Images

## Interesting Facts

- The carrot is usually orange in color, but a kaleidoscope of other fun colors include purple, black, red, white and yellow.
- Baby carrots are whole carrots harvested before they grow large, while baby-cut carrots are pieces from larger carrots that have been machine-cut, peeled, polished, and washed before packaging.
- Carrots may be prepared in so many ways - raw, baked, broiled, boiled, fried, steamed, pureed, and juiced.
- The seeds are so tiny, 2000 of them can fit in one teaspoon.
- Carrots were brought to America in 1607 by the Jamestown settlers.
- The United States is the second largest [carrot producer](#) in the world. California grows about 85% of the nation's crop.
- [Carrot festivals](#) are held around the world, including an annual event in Holtsville CA.
- The [longest carrot](#) recorded by Guinness World Records measured over 20 feet.
- You may visit a virtual [carrot museum](#) with an amazing amount of information!

More information: [Tons of Facts](#)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

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## Nutritional Information

### Nutritional Value

Carrots are tasty and nutritious! They are a particularly good source of Vitamin A in the form of [beta carotene](#), fiber, vitamin K1, potassium, and antioxidants. Two small- to medium-size carrot have only 41 calories.

More information: [Healthline](#)

### Recipe: CARROT RAISIIN SALAD



#### Ingredients

- 4 cups shredded carrots
- 3/4 to 1-1/2 cups raisins
- 1/4 cup mayonnaise
- 2 tablespoons sugar
- 2 to 3 tablespoons 2% milk

#### Preparation

Mix the first 4 ingredients. Stir in enough milk to reach desired consistency. Refrigerate until ready to eat.

Preparation time: 10 minutes  
Makes 8 servings, 1/2-cup each.

Recipe & Photo Source: [Taste of Home](#)