



Try the March Harvest of the Month! **Carrots**



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IDEA Child Nutrition Program March 2024 Harvest of the Month Recipe

Roasted Carrots



INGREDIENTS

- 2 lbs. baby carrots
- 2 Tbsp. olive oil
- 2 tsp. seasoning of your choice
- Seasoning suggestions:
 - Salt and Pepper
 - Italian Seasoning
 - Everything but the bagel
 - Garlic & Herb
 - Crushed Red Pepper
 - Lemon Pepper

STEPS

1. Preheat oven to 400 degrees
2. Place carrots in a baking dish, drizzle with oil and sprinkle seasoning. Toss to combine
3. Arrange carrots in an even layer on the baking dish and place in the oven to cook for 15-20 minutes





IDEA Child Nutrition Program

March 2024 Harvest of the Month

Carrots

VARIETIES

Scarlet Nantes



The classic orange carrot! They are crisp, sweet and delicious cooked or raw.

White Satin



These satiny white carrots have an extra crispy texture with a sweet mild flavor.

Purple Dragon



A beautiful purple carrot that has a spicy-sweet flavor that makes it perfect for snacking!

Carrots FAST FACTS

Unlike most other veggies, carrots can actually survive the winter months underground.

Carrots are made up of 88% water! This makes them the perfect snack food.



Baby carrots were created by two farmers who didn't want to toss out imperfect carrots.

The first carrots are thought to have originated in Asia around 900 C.E and were purple and yellow!

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

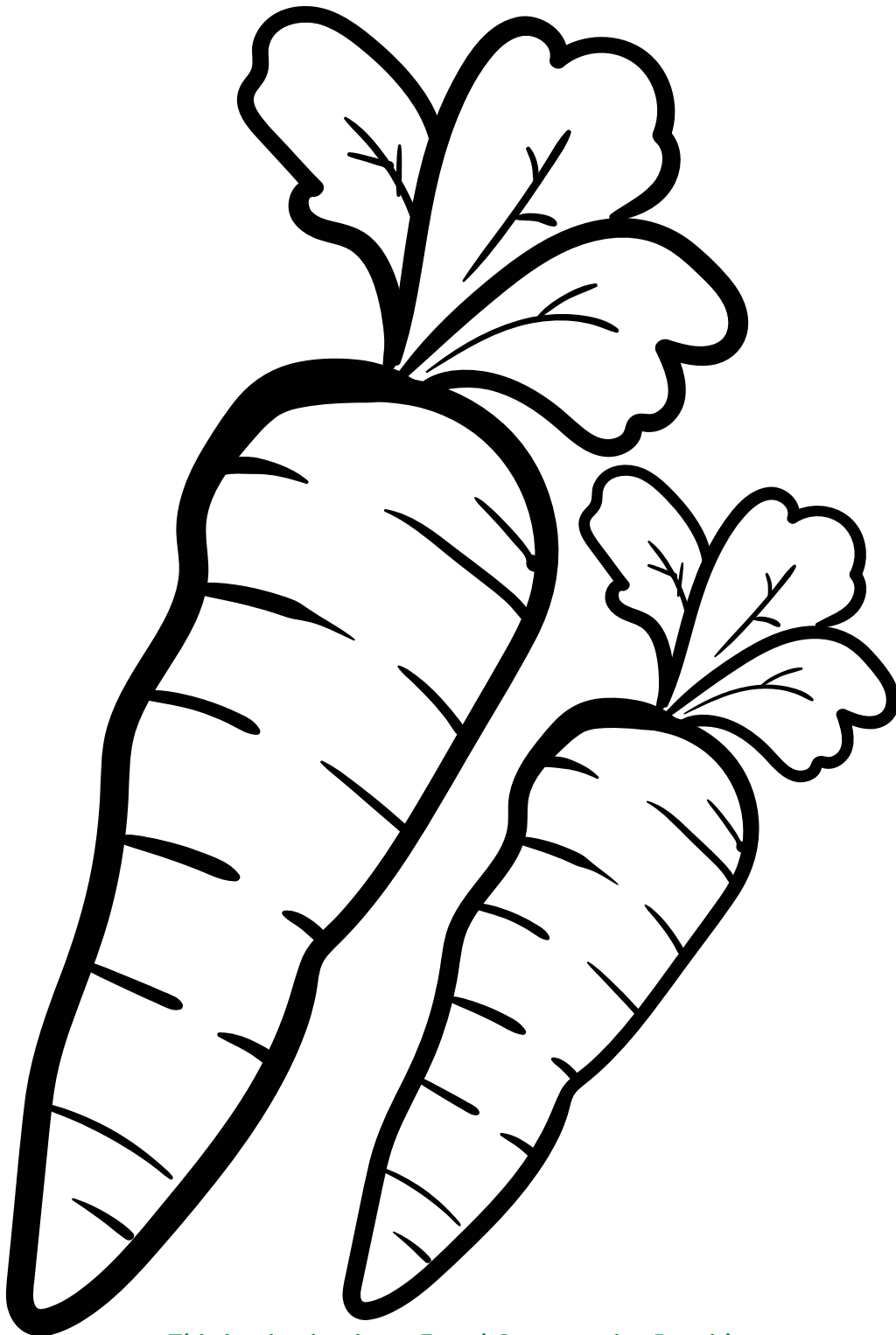


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Coloring Activity



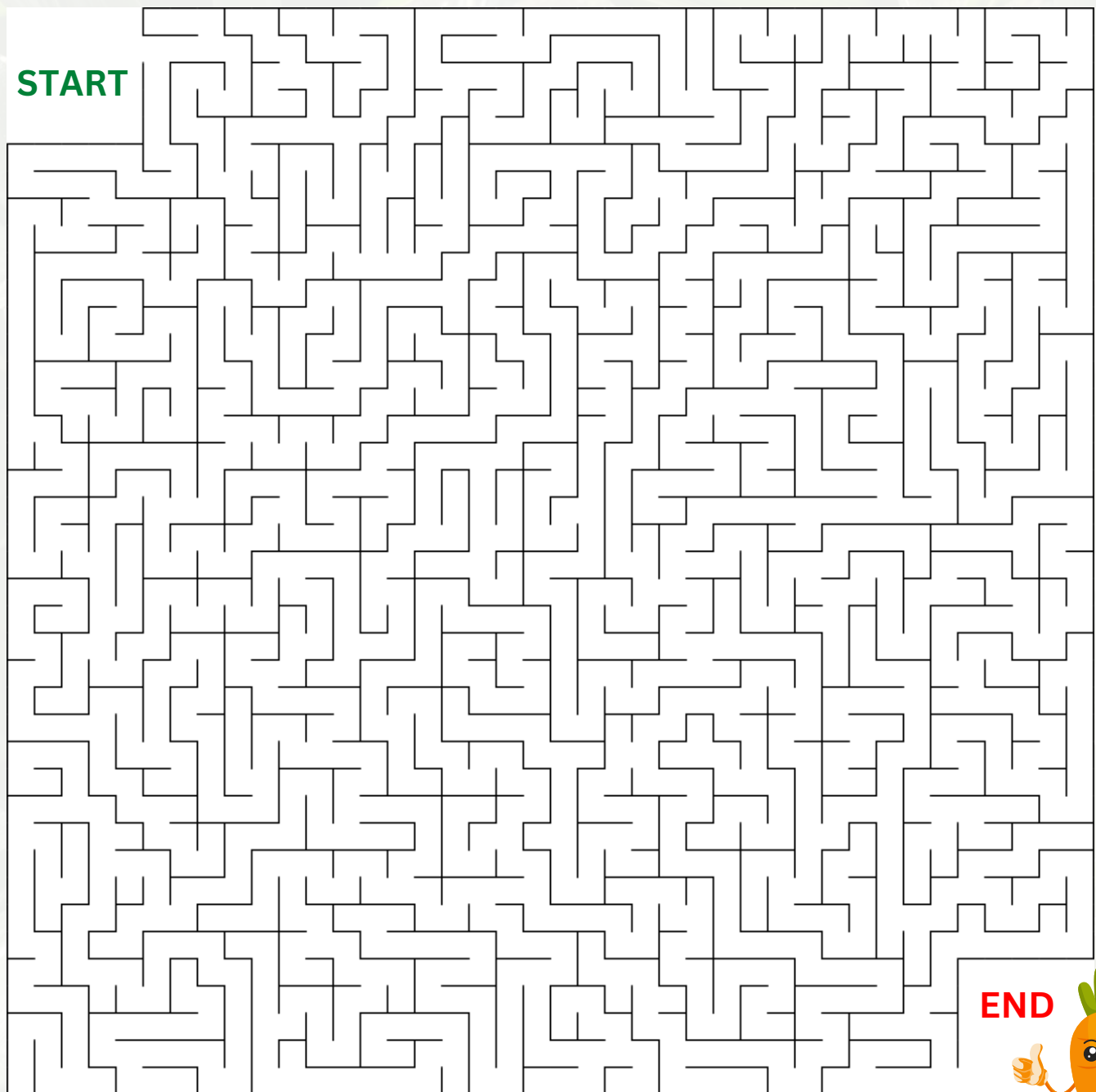
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IDEA Child Nutrition Program March 2024 Harvest of the Month

Maze

Directions:
Find your way to the end of the Maze!





IDEA Child Nutrition Program

March 2024 Harvest of the Month

Word Search

Directions:

- Find the Carrots related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

CARROTS
ROOT
VEGETABLE
BETA

CAROTENE
ANTIOXIDANTS
NUTRITIOUS
COLORFUL

ORANGE
HARVEST
MARCH
DELICIOUS

A	U	C	A	R	O	T	E	N	E	X	N	L	T	I	L	O	Y	J	Z
V	N	T	N	Z	I	B	P	S	J	E	U	H	E	S	T	T	B	W	N
K	E	T	M	C	Q	R	U	X	Z	L	T	C	M	Y	E	A	O	T	C
B	F	F	I	S	H	O	I	C	W	B	R	R	R	P	L	V	D	O	N
B	W	A	C	O	I	C	O	J	I	A	I	A	X	U	G	Q	R	Q	R
Z	U	D	O	C	X	L	Z	R	D	T	T	M	Q	U	G	Z	H	A	U
Z	R	L	I	M	O	I	K	I	H	E	I	K	M	I	P	O	F	T	H
C	L	L	Y	R	N	S	D	I	A	G	O	P	Q	F	V	H	L	Q	J
O	E	X	F	G	V	G	X	A	Z	E	U	E	G	N	A	R	O	M	B
D	G	U	E	R	Y	T	D	W	N	V	S	R	G	H	Y	R	H	N	J
P	L	C	Q	E	V	T	I	E	F	T	Q	A	Q	Y	S	T	S	U	B
W	V	V	N	M	Q	G	R	P	N	N	S	T	D	B	L	C	B	X	H
N	V	V	S	T	O	R	R	A	C	A	R	K	I	K	B	R	A	U	N
O	O	M	V	E	Q	S	E	T	X	R	Q	J	M	F	Z	C	X	F	R
J	X	Q	E	D	N	G	G	A	T	X	E	O	R	O	X	F	V	Q	Q



IDEA Child Nutrition Program March 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Carrots Related Words!

Scrambled Word

Unscrambled Word

1. ACTORRS
2. ROTO
3. EGELTABVE
4. BAET
5. EEAOCNRT
6. DAOSITNNTXA
7. UIUTISONRT
8. RLCUOOLF
9. EONGAR
10. ARSETHV
11. CRAMH
12. ICDEIOSLU

ANSWER KEY

- | | | |
|--------------|-----------------|---------------|
| 1. CARROTS | 5. CAROTENE | 8. COLORFUL |
| 2. ROOT | 6. ANTIOXIDANTS | 9. ORANGE |
| 3. VEGETABLE | 7. NUTRITIOUS | 10. HARVEST |
| 4. BETA | 11. MARCH | 12. DELICIOUS |

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