



Try the
January Harvest of the Month!
Carrots



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IDEA Child Nutrition Program

January 2025 Harvest of the Month Recipe

Carrot Soup



Ingredients

- 1 lb carrots, peeled and chopped
- 2 tbs olive oil
- 1-2 garlic cloves, minced
- 2 qts water
- Salt to taste

Instructions

1. To a pot on medium high heat, add olive oil then garlic and sautee until fragrant.
2. Add carrots, water and salt to taste. Let this boil for about 15-20 minutes, until the carrots are fork tender.
3. Reserve 2 cups of the water used to boil the carrots and set aside.
4. Use an immersion blender, or carefully transfer the ingredients from the pot to a blender and blend until you reach a smooth consistency. Add reserved water as needed until you reach your desired consistency.
5. Allow the carrot soup to simmer for an additional 5 minutes before serving.

Enjoy! :)



IDEA Child Nutrition Program January 2025 Harvest of the Month

Carrots

VARIETIES

Orange Carrots



Most common and widely recognized variety of carrots. They are sweet, crunchy, and versatile, making them a popular choice for many dishes.

Baby Carrots



Harvested while they are still young and small, typically around 2-4 inches long. They are often rounder and plumper than adult carrots.

White Carrots



Stand out due to their pale, ivory-colored skin and mild flavor. Grown in well-drained, loamy soil with full sunlight.

Carrots FAST FACTS

Native to Central Asia, with early cultivation in Persia (modern-day Iran and Afghanistan).

Carrots generally take about 2 to 4 months to grow from seed to harvest.



Promote eye health, immune function, and skin health due to high levels of antioxidants.

The orange carrot was popularized by the Dutch in the 17th century. Before that, carrots were purple, red, or white.

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 2024-2025 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

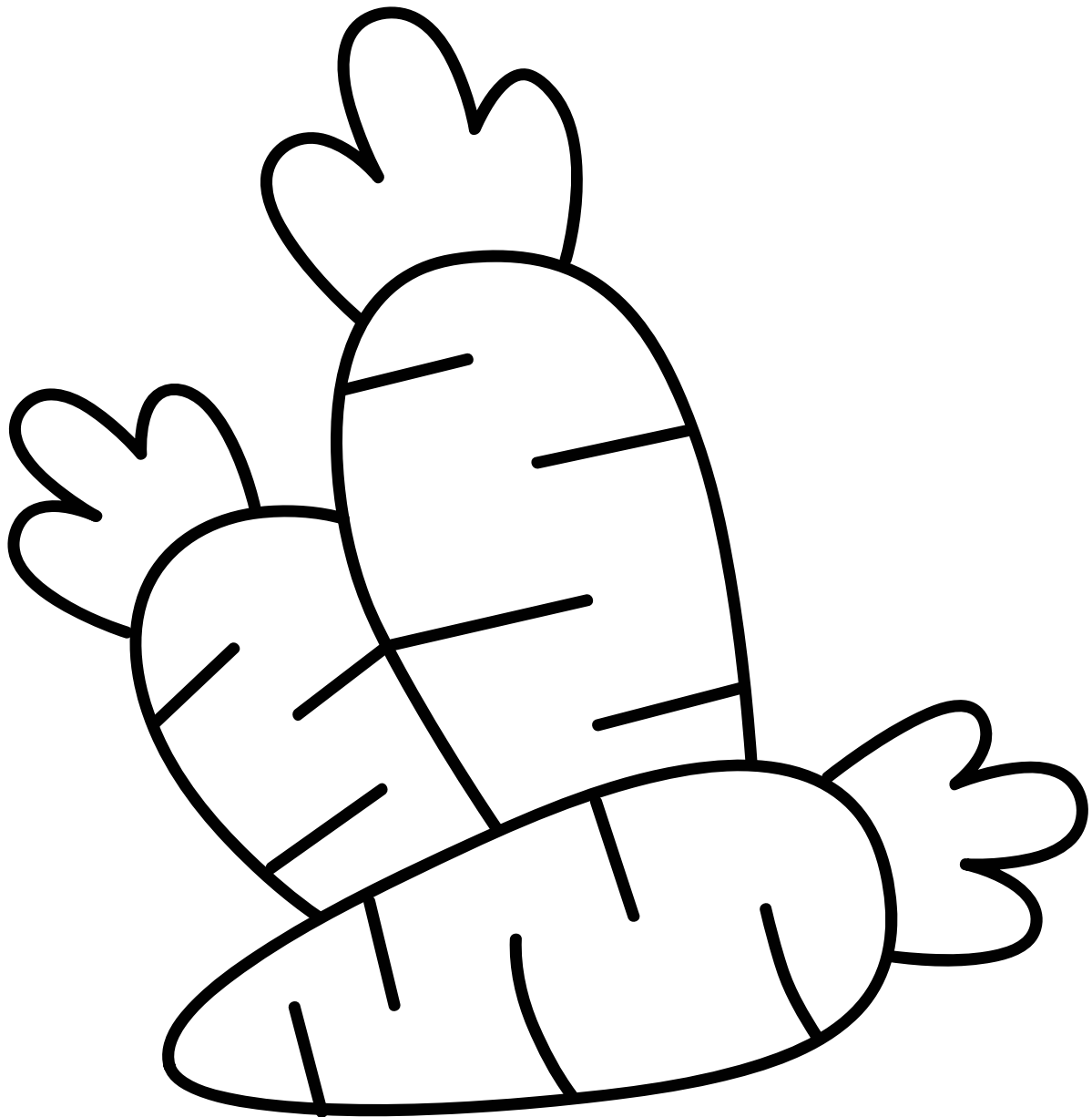


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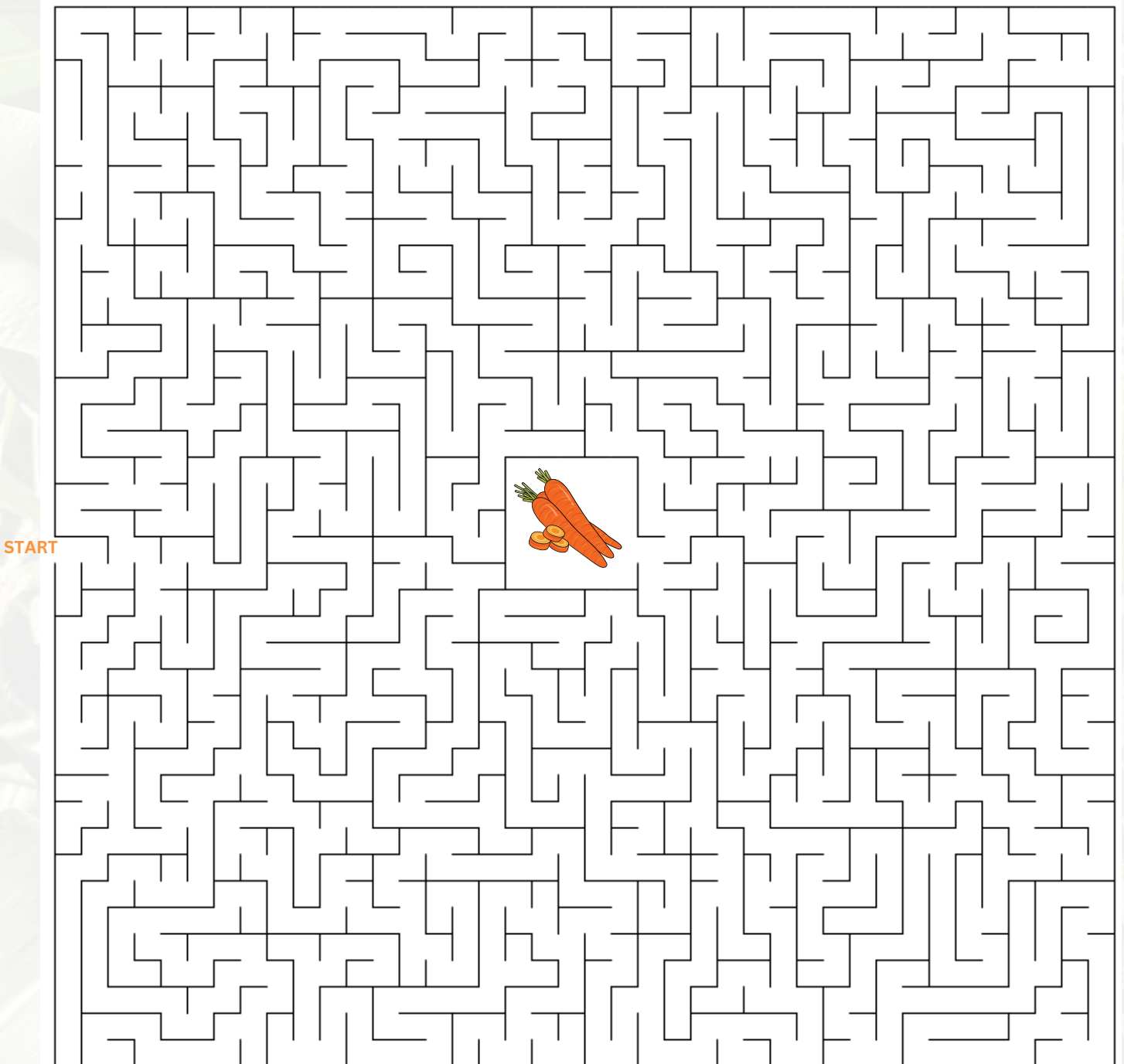
Coloring Activity





IDEA Child Nutrition Program January 2025 Harvest of the Month

Directions:
Find your way to the Carrots!





IDEA Child Nutrition Program January 2025 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.

Antioxidant
Crunch
Seed
Sweet

Carrots
Harvest
Soil
Vegetable

Crisp
Orange
Soup
White

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



IDEA Child Nutrition Program January 2025 Harvest of the Month

Word Scramble

Directions:
Unscramble the Carrots Related Words!

Scrambled Word

Unscrambled Word

1. SRCATOR
2. NOEGRA
3. XAITDNOATNI
4. HWETI
5. HRAVSTE
6. OSPU
7. ETSWE
8. UCRNHC
9. RPSCI
10. AVEELBGET
11. LSIO
12. ESDE

ANSWER KEY

- 1. Carrots
- 2. Orange
- 3. Antioxidant
- 4. White
- 5. Harvest
- 6. Soup
- 7. Sweet
- 8. Crunch
- 9. Crisp
- 10. Vegetable
- 11. Soil
- 12. Seed

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