

# KNOW YOUR FARMER, KNOW YOUR FOOD

## Carrots

### 5 WAYS TO CARROT

- With a peeler , shave entire carrot for a light, and fun salad topping
- Roast whole or sliced lengthwise with salt, pepper, ginger, garlic and favorite oil (I suggest ghee!) ~ for a sweeter variation, add cinnamon & clove
- Juice with apple, lemon, beet and ginger for a vibrant start to your day
- Steam and puree with onions, garlic, oil and vegetable broth and curry for a basic soup
- Enjoy raw with high protein nut butter or hummus

### COOL AS A CARROT

- Beta-carotene can improve vision for those with Vitamin A deficiency
- Cool, sweet & slightly bitter, carrots nourish the liver and support blood purification & healthy blood sugar levels



Andrea Catherine is a  
Yoga Health Coach ,  
Yoga Instructor,  
Local Foodie.

[groundedhere.com/csa](http://groundedhere.com/csa)



*grounded here*  
growing yourself