

# SALISBURY CENTRAL'S Kitchen Chronicles

Volume 4, January 2015

"The day is coming when a single carrot, freshly observed, will set off a revolution."

Paul Cezanne

New Year.

New Food.

Old Food.

New Ways.



## A Healthy New Year from the Roots Up

Greetings Ravenous Redhawks and welcome to 2015! After holidays filled with decadent treats, the start of a New Year is the perfect opportunity to try new foods that are good for your body. In the winter, so many delicious fruits and veggies are barely a wink in the farmer's eye--think tomatoes, peaches, zucchini, tender lettuces--but one thing she's still got in store are root vegetables. Root vegetables are vegetables whose edible part is the main root with which the plant gathers water and

nutrients, like a hose sucking all the good stuff up from the soil. The carrot is Queen of the Roots, with beets, rutabaga, radishes, celeriac, parsnips, daikon, yams, jicama, dandelions, ginger, cassava, sweet potatoes, salsify, and even parsley in her court. Sadly, the carrot's familiarity has perhaps stolen some of her beauty. Unless you shop at farmer's markets, you might see the mighty carrot has been shorn--her striking green stalks and frilly fronds have been cut off! Or maybe you have found in

your lunchbox little orange nubbins called baby carrots. They are the perfect size for children, but they didn't grow quite that way. After harvest they were peeled, washed, cut into chunks and "polished" to give them that smooth appearance. There's nothing wrong with that...but there is something really beautiful about a fresh carrot, pulled right out of the earth. It's a thrill! And check out the picture above--carrots aren't just orange! Let's give carrots a new look in 2015, shall we?

(Washington) DC Central Kitchen's  
Famous Asian-Style Carrots  
Serves 4-6

### Ingredients

- 1 1/2 cups carrots
- 1/4 cup scallions, chopped
- 1 Tbs. cilantro, chopped
- 1 tsp. garlic, minced
- 1 tsp. ginger, minced
- 3 1/2 Tbs. soy sauce
- 2 tsp. sesame oil
- 1/4 cup vegetable broth
- 1 Tbs. orange juice
- 1 tsp. brown sugar
- 2 tsp. vegetable oil

### Directions

1. Wash, peel, and slice carrots into half moons.
2. Wash and chop scallions and cilantro.
3. Mince garlic, and peel and mince ginger.
4. In a small bowl, mix soy sauce, sesame oil, orange juice, and brown sugar. Set aside.
5. In a large saute pan over medium-high heat, add vegetable oil and saute ginger, garlic, and scallions until soft, about one minute.
6. Add carrots and soy sauce mixture and cook until tender, about 20 minutes.
7. Remove carrots from heat, add chopped cilantro, mix and serve hot.

101 Cookbooks Baked Carrot Oven Fries  
with Spicy Chipotle-Orange Dipping Sauce

### Ingredients

- A big bunch, or two, of carrots (the carrots themselves should be on the smaller side)
- Olive oil
- Salt
- 4 ounces tofu
- 1/4 cup orange juice
- Squeeze of lime
- Scant tsp. of adobo sauce from a can of chipotle chiles (These are sometimes in the "international" aisle at LaBonne's or Big Y)
- 1/2 tsp salt

### Directions

1. Heat oven to 375 degrees.
2. Cut each carrot in half lengthwise.
3. Place carrots on a baking sheets and drizzle liberally with olive oil. Sprinkle generously with salt. Mix to coat evenly.
4. Arrange carrots cut side down on baking sheet and bake until tender and golden brown where they touch the pan, about 30 minutes.
5. For sauce, place tofu, orange juice, lime juice, adobo sauce, and salt in a blender or food processor and puree. Dip and drizzle away!

Forget Bugs Bunny. Did you know that carrots are not an ideal food for rabbits? Eaten regularly, carrots increase cavities and intestinal issues in rabbits. If you have a pet bunny, hay should be their meal of choice. Carrots are rabbit candy--an occasional sweet treat!



## Mission Nutrition

As you may imagine, carrots are quite beneficial for your health! To start with, a recent study from The Netherlands showed that vegetables in the yellow/orange category protect best against heart disease, and carrots were the strongest member of the group. When you eat carrots, your heart will thank you!

Carrots are rather famous for containing carotenoids, special particles known as antioxidants. If you have heard of beta-carotene or alpha-carotene, these are just a couple of the antioxidants available in carrots that help defend your healthy cells. A carrot will have different amounts of the various antioxidants depending on its color, so while all carrots are good for you, they might be good in slightly different ways or proportions.

Perhaps carrots are most famous for packing a wallop of Vitamin A. Now beta-carotene is an important part of Vitamin A, but it includes other helpful chemical compounds. Vitamin A is essential in the proper development and maintenance of normal vision, so carrots indeed help you see (even in the dark)! Vitamin A also keeps your heart, kidneys, and lungs functioning properly, supports your immune system,



strengthens teeth and bones, gives your skin a youthful glow, and can assist in fighting various types of cancer. It is especially important for new babies and young children. While carrots are not the only source of Vitamin A (you can also find it in fruits and veggies like broccoli, squash, apricots, and mangos, and certain fish like salmon), carrots are a sweet way of getting your daily allotment. And despite being sweet, carrots actually help control your blood sugar, so even people with diabetes can have a moderate amount in their diet.

## Culture Corner

The sweet orange carrots that we know and love today are the product of centuries of selection and cultivation. Wild carrots--with thin purple or white woody roots--were spread all over Central Asia and the Mediterranean, with evidence of human consumption for thousands of years. The first specimens known to be carrots that we would recognize today date back to 10th century Persia (modern day Iran and Afghanistan). In fact, there is a specific place in Iran known as Dasht-e Haveej in Persian, or "The Carrot Field." Afghanistan is credited with first cultivating carrots for large roots about 1,100

Carrots orange,  
Long and bright,  
Make my snowman's  
Nose tonight!  
Carrots shredded,  
Thin and fair,  
Make lovely, layered  
Orange hair.  
Carrots crunchy,  
Cold and sweet,  
Make my favorite  
Snack to eat!

-Judith Natelli McLaughlin

What did the carrot say to the  
wheat? Lettuce rest, I'm feeling  
beet!

--Shel Silverstein

But Vitamin A and antioxidants aren't the only great things in carrots--they are also rich in Vitamins C and K. And the orange-purple-red-yellow-white root isn't the only edible part! You can add chopped carrot greens to salads (carrots are a relative of parsley) or make pesto and other sauces from them. Finally, you can drink carrot juice, which is a fabulous way to get your fill. Drunk straight, or added to other juices, it is a sweet, vitamin-packed way to make your body strong and healthy! Bottoms up.

years ago, but other reports suggest that Egyptians had done this in the Nile River Valley B.C.E. Carrots were brought to Europe by Spanish Moors, and the Dutch popularized the orange carrot prevalent today. There are two main types of carrots in the world--Eastern or Asiatic carrots (with purple roots) which are heavily concentrated in Iran, Russia, India, and Afghanistan, and Western/Carotene carrots, which may have originated in Turkey and have orange, white, or red roots. The Middle Eastern carrot legacy comes across in the many recipes for Persian or Moroccan carrot soups and salads, but carrots appear in a multitude of guises, even [jam](#), "[candy](#)," and [carrot granola](#)!



EAT BOLD. EAT BRAVE.  
PUT ON YOUR ADVENTURE  
FOOD PANTS!



## Redhawk Recipe Roost (or a few more great ways to try carrots!)

Redhawks, we have a new gmail account where you and your parents can share with the SCS community favorite family recipes featuring healthy fruits, veggies, grains, and lean meat! Share your experiences trying new foods in 2015! Just email us at: [ravenousredhawks@gmail.com](mailto:ravenousredhawks@gmail.com). Who knows? Your family's stories or recipes could appear in an edition of SCSKC! We're excited to hear from you!

[Carrot Almond Cake with Ricotta Cream](#)

[Honey-Roasted Carrots with Tahini](#)

[Spicy Moroccan Carrot Salad](#)

[Carrot Soup with Collard Greens and Dukkah](#)

[Grilled Cheese with Roasted Carrots and Carrot Greens Pesto](#)

[Moroccan Carrot and Chickpea Salad](#)

[Roasted Carrot and Black Bean Tacos with Carrot Greens Chimichurri](#)  
[101 Cookbooks Carrot Cake](#)

[Moosewood Carrot Applesauce Cake](#)

[101 Cookbooks Carrot Soup](#)

[Punjabi Carrots and Peas with Tofu](#)

[Carrot and Cilantro Fritters](#)

[Roasted Carrots and Avocado Salad](#)

[Roasted Carrots with Carrot Top Pesto and Burrata](#)