



NOVEMBER 2017

MON

TUE

WED

THUR

FRI

Good Eats at:

Special Announcements

1123

ThanksGIVING Day

| MON | TUE | WED | THUR | FRI |
|-----|-----|-----|------|-----|
| | | 1 | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | |



Fun facts on back! ➔



Launch PAD

CARROT GROWING REGIONS

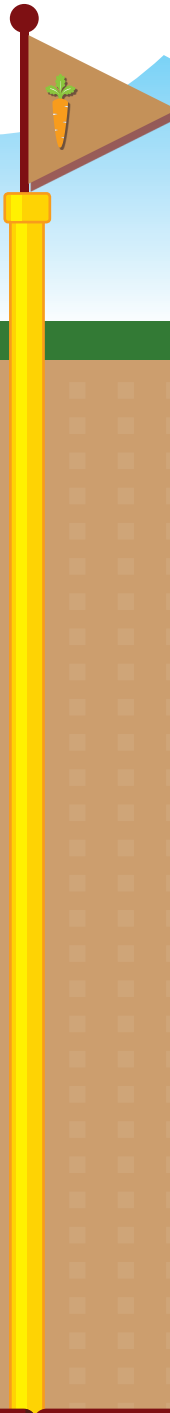


1. The High Plains
2. Winter Garden



The Wise WIZARD

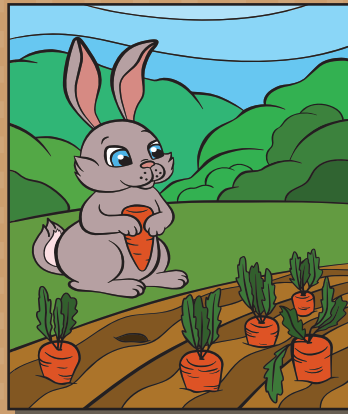
Carrots were one of the earliest vegetables grown by man. The first carrots were grown about 5,000 years ago in the Middle East.



CARROT

I'm Curtis Carrot. I am a root vegetable like potatoes, turnips and beets. Root vegetables are the roots of plants that grow underneath the ground. Above ground, I have a ferny, green head of hair. We are used a lot for cooking and we have a lot of vitamin A. We have so many uses. You can chop us for soups, casseroles and stews. Eat us raw in salads or with a dip. Shred us for use in carrot cake and other desserts. Or even blend us for a yummy juice. Texas is the fifth-ranked state in America for growing carrots.

Find the 12 DIFFERENCES



Gingered CARROTS



INGREDIENTS

- 1 lb Fresh carrots, peeled
- ½ tsp Honey
- 1 Tbsp Lemon juice
- 2 tsp Dried parsley
- 2 Tbsp Margarine
- ⅛ tsp Ground ginger

PREPARATION

1. Cut carrots diagonally into thin slices.
2. Steam until tender.*
3. In a small mixing bowl, combine remaining ingredients; pour over carrots.
4. Serve immediately.
5. Portion with a No. 16 scoop or ¼ cup.

* Various methods of steaming include using a double boiler, microwave or steamer. Time will vary according to the method used.

Recipes courtesy of: www.whatscooking.fns.usda.gov

Fun FACT

Carrots started out white or purple in color. The first orange carrots were grown in the Netherlands because orange was the official color of their royal family.



Joke of the MONTH

Q: How do you make gold soup?

A: Put 24 carrots in it.

