

# Carrots

EHT-128  
07/20

Carrots are an excellent source of Vitamin A and add color to a meal. They can be served cooked or raw, by themselves or in salads or other dishes.

## 🌱 Grow it

### Varieties

- It is best to plant short-rooted varieties like Little Finger or Nantes as opposed to long root varieties like Imperator 58 or Danvers 126.

### Soil Preparation

- Carrots do best in loose soils that are well drained. Add compost into garden beds or potting mix into containers.

### Site selection

- They grow best in full sun and do well in containers, small gardens, and flower beds.

### Planting

- One square foot will yield about 16 carrots when placing the carrot seeds 3 inches apart and ½ inch deep.
- Plant carrots in early spring or mid-fall.

### Fertilizing

- Incorporate a cup of 15-5-10 fertilizer or ¼ to ½ cup of organic fertilizer prior to planting. When the tops are about 3 to 4 inches high, scatter 2 tablespoons of nitrogen fertilizer per 10 feet of row over the plants and water it in.
- Fertilize again when tops are 6 to 8 inches high.
- Water the plants as required to keep the soil moist to about 3 inches deep.

### Care During the Season

- Keep the carrots in your garden free of weeds, especially when they are small. Weeds will take nutrients and moisture from the soil and reduce your carrot yields.

### Harvesting

- Carrots should be ready for harvest 70 to 80 days after planting.

### Insects & Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.

### Storing & Serving

- Wash the carrots and store them in the bottom of the refrigerator. Carrots will keep for several weeks if you place them in a plastic bag to increase humidity and store them at a temperature near 32° F.



part to full sun



loose, well  
drained soil

continued ➡➡



## Buy it

- Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops.
- Avoid soft, wilted or split carrots.

## Store it

- Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

## Use it

### Balsamic Glazed Carrots

This recipe is so easy and tastes so good.

Course: Side Dish

Serves: 4 (½ cup each)

#### Ingredients

- 16 oz baby carrots
- 1 tsp olive oil (extra virgin)
- 2 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- ½ tsp thyme, dried

#### Instructions

1. Place oil in a saute pan over medium to high heat. Add carrots. Let them cook for 10-12 min. or until slightly soft.
2. Add balsamic vinegar, brown sugar, and thyme. Cook for an additional 5 min. and serve immediately.

Recipe provided by Dinner Tonight. For nutritional information:  
<https://dinnertonight.tamu.edu/recipe/balsamic-glazed-carrots/>

## Learn about it

- Carrots can be found in orange, purple, white, red, or yellow varieties. They were the first vegetable to be commercially canned.
- They are free of fat, saturated fat, and cholesterol.

- Carrots are low in sodium and calories and high in Vitamins A and C.  
*Information gathered by Aggie Horticulture*

