



Please search YouTube for “[Chef Iris Tirado - Carrots with Ranch Honey Glaze](#)” to find this  
[kit’s video](#)

Recipes provided by Iris Tirado, Food & Nutrition Manager Concordia Charter School

### **Ranch Honey Glazed Carrots, 2 servings**

½ pound Rainbow Carrots  
Pinch of salt (to add to the cooking water)  
1 Tbsp Butter  
1 Tbsp Honey  
½ Tbsp Lemon Juice  
1 Tbsp Ranch Seasoning Mix



### **Recipe Instructions**

**Step 1:** Wash your hands with soap under cool, running water.

**Step 2:** Carrots can be sliced into coins, chopped into sticks, or kept whole if they are small like baby carrots. If using big carrots, they require chopping or slicing be sure to wash your carrots beforehand.

**Step 3:** In a medium saucepan, bring water to a boil. Just enough to cover the bottom of the pan. Add salt and carrots and cook until tender. This should take about 5 to 6 minutes.

**Step 4:** When your carrots are tender, drain and set aside.

**Step 5:** Heat a sauté pan on medium heat. Melt butter and honey in the pan until well combined. This will create a thick, sticky glaze to help the ranch seasoning stick to the carrots.

**Step 6:** Add cooked carrots and lemon juice. Coat carrots with the butter-honey glaze.

**Step 7:** Remove from the heat and sprinkle the dried ranch seasoning mix over the carrots, stirring until the dry ranch seasoning and the glaze completely coats the carrots.

**Planting Carrots with Master Gardener Mr. Pickle:** Tiny carrot seeds do not like to be planted too deep in the soil where it’s really dark. They should be planted about ¼ inch deep. You can use your fingernail on your little finger as a measure, just push the seeds under with your little finger until the bottom of your nail is even with the soil. Carrots need room to grow outward, so you don’t want to put more than one seed in each hole. Instead, plant each seed about 2 inches apart, or the length of your little finger between each carrot. Another way to plant them is to clear back a little bit of soil and lay down a sheet of toilet paper. Then put the seeds on the paper, only a few seeds per square. Then put soil on the top of the seeds with the paper still underneath. As the seeds sprout, the carrot roots will grow through the paper and the paper will break down and decompose into the soil. Toilet paper is made from trees so it’s a natural organic material. Carrots need to stay moist to sprout, so water regularly until the green sprouts come up. You can also soak the seeds for a couple of hours in water before you plant them. In a couple of months, you can enjoy the kar-rots...I mean carrots.

**Meet your Farmer:** McClendon's Select is a family-run, third-generation, certified organic farm in Peoria and Goodyear, Arizona that spans 93 acres. The McClendon family grows over 100 types of organic fruits and vegetables, along with dates, honey, and bee pollen.



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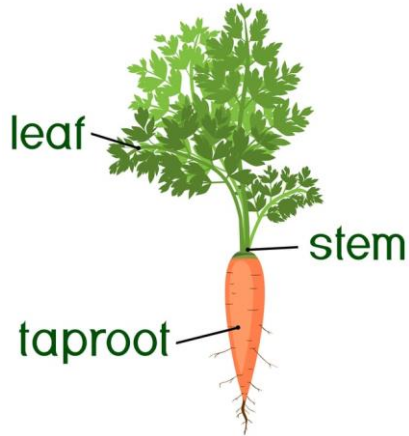
## Carrot Life Cycle



Life Cycle of a Carrot

Did you know it can take 80 days or about 3 months for a carrot to grow from a seed into a carrot? Since carrots like the cold weather in Arizona, where the weather is only cold for a short time, we use a special type of carrot that grows faster and allows a longer growing season compared to other states.

## Parts of a Plant



Each part of a plant has a special job that helps the plant grow. *Leaves* grow from the branches and stem of a plant, and they absorb light from the sun to help the plant make its own food. Yes, plants make food from light!! The *stem* is the part of the plant that holds it up and makes a path for food and water to reach the parts of the plant. *Roots* act like a straw for the plant by bringing up water and nutrients from the soil where it grows.

Eating plants is good for us. When we eat fruits (like apples, oranges, or grapes) and vegetables (like lettuce, carrots, or celery) we are eating plants! With some plants like carrots, onions, beets, and radishes we eat the root. Other plants, like lettuce and spinach, we eat the leaves. Can you name other plant parts that we eat?

Just like us, plants need food to grow. But plants can't walk to the store, so they have to make their own food. To make food they need sunlight, water, and soil. When we eat plants, we also eat all the nutrients they make and store from the soil. What helps the plant grow up strong and healthy also helps us grow strong and healthy!

**Did you know that carrots were not always orange?** Until around the 17th century, most carrots were purple. However, over time, farmers in Holland were able to mix different types of carrots together to create the orange carrot we know today! What color do you want to color your carrot? Orange or purple?

## MyPlate Food Handling: Fruits & Vegetables

- Separate produce from raw meat, poultry, or seafood in the refrigerator
- For preparing fruits and vegetables:
- Remove and throw away any bruised or broken pieces on produce
- Rinse fresh produce with tap water
- Scrub firm produce with tap water and a brush, including the skin or rinds that are not consumed
- Refrigerate all cut, peeled, or cooked produce within 2-hours

<https://blogs.cornell.edu/daytodayeats/2020/05/11/myplate-food-handling-safety/>

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