

Carrots

- Remove tops, wash before use, trim & scrape or peel.
- Boil carrots for 6-8 min. or bake 75 min. at 325 degrees.
- Eat raw with dip, roasted in the oven, or cooked into sauces, stews, stir-fry, or soups.
- Take your time eating (2 weeks-1 month)

To store, rip the greens, place in a plastic bag and keep in coolest part of fridge.

To freeze: cut carrots into pieces, blanch 3-5 min., dry & seal in plastic bag.

