



Fun Facts

Carrots are 88% water

Carrots come in many colors, including purple

To prevent damage to its cells, carrots increase their sugar content when it's cold outside. This defense mechanism creates a tastier vegetable for us to eat!

Say hello to CARROTS

HOW DO THEY HELP OUR BODY?

- **Carotene:** Protects eye health and may prevent cancer
- **Fiber:** Known to lower blood sugar and cholesterol as well as promote digestive health
- **Vitamin K1:** Supports bone and blood health
- **Potassium:** Helps maintain a healthy blood pressure
- **Antioxidants:** Helps fight free-radicals in your bloodstream, protecting your body from the damage they cause

GROW YOUR OWN!

- **In Spring:** Plant carrot seeds early April through early May
- **In Fall:** Plant early July through early September

In partnership with:



urban  roots

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INGREDIENTS:

1. 3 quarts carrots, peeled and chopped
2. Vegetable stock (enough to cover)
3. ½ cup celery, chopped
4. ½ cup yellow onion, chopped
5. 1 tbsp garlic, chopped
6. 2 tbsp ginger, ground
7. 3 tsp salt
8. 2, 14 oz. cans coconut milk
9. 2 tsp. Bragg Liquid Aminos
10. 2 tsp. Sriracha

Recipe for CARROT GINGER SOUP

DIRECTIONS:

1. Place items #1-7 in pot, cover, and simmer for 45 minutes or until carrots are tender.
2. Add items #8-10. Puree smooth with an immersion blender or in batches in a regular blender.
3. Adjust with salt and fresh cracked pepper.
4. Serve!

With love from the kitchen of:



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