

carrots

The story of



The carrot leaves make food using sunlight energy, air, rain water and nutrients from the soil. When the plant has grown, all the spare food is stored in the tap root which becomes swollen with juicy orange flesh. This is the carrot.

Plants



In the springtime the soil in the field is dug over to make it crumbly and compost is added to make the soil rich. The tiny seeds are sown in rows and covered with soil. The seeds need warmth so the farmer may cover the rows with a fleece which lets light and rain through and is also good for keeping off pests such as insects whose caterpillars eat the crops. Tiny roots and shoots appear and feathery leaves begin to grow.

Seeds



The carrots are pulled up by hand in autumn and stored in a cool place. They are not washed as the covering of soil stops them from drying out.

Harvest





Composting

Carrot peelings and the green leaves which we cannot eat are put in the compost bin so that worms and bacteria can turn them into compost which gives nutrients to the soil. Plants need nutrients so that they can grow and make food for people.



Preparing food

Carrots taste good when we eat them raw in a salad but we often cook them. They are washed, sliced and steamed for a few minutes. Cooked carrots are tasty with roast chicken and gravy.



Eating

Carrots are part of the fruit and vegetables food group. We need to eat five portions of fruit and vegetables each day. Fruit and vegetables contain fibre, vitamins and minerals to keep our bodies healthy.



a day

Good for
Health



Farm shop

The carrots are sold in a small shop on the farm. The farmer will sell fruit and vegetables which he grows. The shop also sells other produce which is grown nearby on other organic farms which are part of a co-operative. The farmers work together to grow lots of different foods so that customers can have a choice of fruit and vegetables to eat. The customer takes the carrots home and can keep them in a fridge for up to three weeks.