WHY EAT LOCAL?
- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Local carrot

Benefits

➔ Because your eyes will thank you!
It’s true! Carrots contain beta-carotene that is converted by the body to vitamin A, which is known to improve eyesight, particularly in the dark.

➔ To be trendy!
Carrots are one of the most popular vegetables in Quebec. This root vegetable is greatly appreciated in winter and is chock-full of vitamins and fibre. What’s more, carrots now come in a variety of colours ranging from white to purple to different hues of orange and yellow.

Availability: July to March

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Carrot and blueberry salad

PORTIONS: 4 TO 6  15 MIN

Ingredients
- 1.25 l (5 cups) grated carrots
- 250 ml (1 cup) blueberries (fresh or frozen)
- 2 green onions, finely chopped
- 45 ml (3 tbsp) lime juice
- 45 ml (3 tbsp) olive oil
- 7.5 ml (½ tbsp) maple syrup
- 2.5 ml (½ tsp) Dijon mustard
- 1.25 ml (¼ tsp) ground coriander
- 1 garlic glove, chopped
- Salt and pepper to taste

Directions
1. Place the first three ingredients in a salad bowl.
2. Whisk together the remaining ingredients, pour over the first mixture and toss to combine.

Source: Julie Strecko, RD

Tip!
- To make julienne sticks with carrots, use a peeler to make long ribbons. Cut each ribbon into two or three segments and cut them into julienne strips.

Lemony carrot cookies

PORTIONS: 14 COOKIES  15 MIN 10 TO 12 MIN

Ingredients
- 15 ml (1 tbsp) flax seeds
- 30 ml (2 tbsp) lemon juice
- 5 to 10 ml (1 to 2 tsp) lemon zest
- 60 ml (¼ cup) chopped pecans (optional)
- 60 ml (¼ cup) canola oil
- 60 ml (¼ cup) brown sugar
- 325 ml (1 ½ cup) grated carrots
- 5 ml (1 tsp) vanilla extract
- 125 ml (½ cup) rolled oats
- 125 ml (½ cup) flour
- 2.5 ml (½ tsp) baking soda
- 1.25 ml (¼ tsp) salt
- 1.25 ml (¼ tsp) ground cinnamon

Directions
1. Preheat oven to 180°C (375°F).
2. Place all the ingredients in a bowl and mix well.
3. Using a spoon, form about 14 balls of dough and arrange them on a cookie sheet covered with wax paper.
4. Bake in the oven 10 to 12 min.

Source: Julie Strecko, RD