



# Local carrot

Availability:  
july to march

## 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.



## 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.

## 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 tsp) 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

## 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

### 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.

