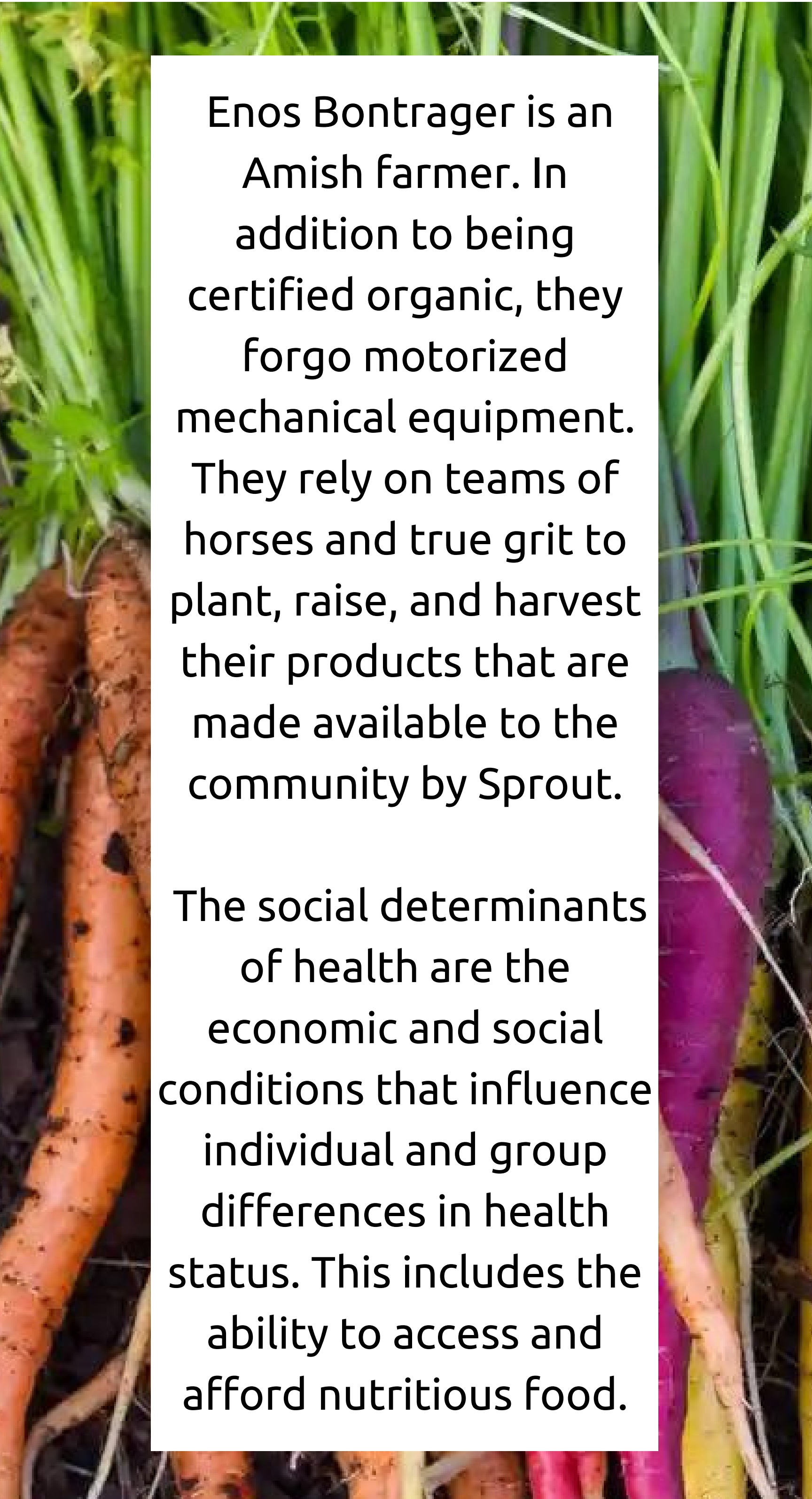


Food for Health: Carrots

Enos Bontrager - Clarissa, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Enos Bontrager is an Amish farmer. In addition to being certified organic, they forgo motorized mechanical equipment. They rely on teams of horses and true grit to plant, raise, and harvest their products that are made available to the community by Sprout.

The social determinants of health are the economic and social conditions that influence individual and group differences in health status. This includes the ability to access and afford nutritious food.

Carrots are a root vegetable in the parsley family. The natural season is late summer and fall, but they may be harvested throughout the winter.

Two types exist: wild and cultivated/ domesticated carrot. There are several hundred varieties of orange, purple, yellow, and white colors.

Carrots are an excellent source of vitamin A, as well as vitamins B6, B7, C, K, and minerals potassium and magnesium. Vitamin A promotes eye, skin, and immune health.

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"Make half your plate fruits and vegetables."

- Dietary Guidelines for Americans, 2020-2025

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Carrot Cake Pancakes

Directions

1. Combine the dry and wet ingredients in separate bowls. Add dry ingredients to the wet ingredients. Whisk until combined.
2. Coat a nonstick skillet with oil. Over medium heat, scoop $\frac{1}{4}$ cup of batter into the skillet. Cook until tops bubble and edges are slightly brown. Flip and cook until golden brown. Repeat with remaining batter.
3. Top with maple syrup and enjoy.

Carrots have a sweet, mildly aromatic flavor

To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

Ingredients

Pancakes:

- 1 $\frac{1}{4}$ cups flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- $\frac{1}{4}$ tsp salt
- 2 Tbsp brown sugar
- $\frac{1}{4}$ cup oats
- 2 cups carrot, grated
- 2 apples, diced
- $\frac{3}{4}$ cup milk
- 1 Tbsp sunflower oil
- 1 $\frac{1}{2}$ tsp vanilla extract
- 2 eggs, beaten
- Maple syrup

Storage: Refrigerate in a loose or open plastic bag

Selection: Select bright, firm, and crisp carrots

