



UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: edmf@ucanr.edu

Visit us on Facebook and Instagram!

"Preserve today, Relish tomorrow"

Did you know that carrot tops are edible? In fact, the entire plant of the domestic carrot – root, stems and leaves – can be eaten. So don't toss those tops when you get a bunch of glorious fresh carrots from the garden or farmers market! The leaves are similar in taste to parsley (perhaps not surprising since carrots and parsley are botanically related) and they can be used pretty much wherever you would use parsley or any similar herb, such as in soups, stocks, sauces, salads and so forth.

*A great way to use carrot tops is in place of herbs in the general category of green sauces known as **salsa verde**, where the "green" is the star of the show. These are herb-based, uncooked sauces found throughout the Mediterranean and South America that are made from only a few ingredients, among them fresh herbs, garlic, olive oil, vinegar, lemon, capers, chile flakes, and anchovies. The good news is that there's as many variations of these sauces as there are countries and cooks – and there's no rules for making them. Add, subtract or substitute whatever you'd like to suit your tastes.*

*There's the ubiquitous Italian **pesto** and its French cousin **pistou** – try using carrot tops and walnuts in place of basil and pine nuts when making pesto. Also from France is **sauce verte**, which typically includes parsley, chervil, chives, capers, and anchovies. Anchovies also appear, along with ingredients such as mint, shallots, and jalapenos, in **salsa verde** from Spain. Carrot tops are superb in place of parsley in **chimichurri**, a green sauce for topping meat and fish common in Uruguay and Argentina.*

*Carrot leaves can also be used to make **gremolata**, a dry Italian condiment (not technically a sauce) which usually consists of just parsley, fresh garlic, and lemon zest (leave out the lemon zest and you've got French **persillade**). It adds vibrancy when sprinkled over meat, poultry or fish, or when mixed in with tomato salads, vegetables, and more. Gremolata is best used the same day as it's made, but if there's any leftovers then just add some olive oil – thereby turning it into **salsa verde**.*

Carrot Top Gremolata

makes ~ ¾ cup

a large handful of carrot leaves (from about ¼ to ½ of a small bunch of carrots)

1 large garlic clove

1 tsp finely grated lemon zest (from about ½ of a medium lemon)

Wash carrot leaves, shake off excess water, then gently blot dry with a towel (or spin in a salad spinner). Allow leaves to completely dry before proceeding.



Roughly chop the carrot leaves (you should have about ¼ cup). Discard tough stems but don't worry about small bits of tender stems. Roughly chop the garlic into smallish pieces.

Pile together the chopped carrot leaves, chopped garlic, and lemon zest on a cutting board. With a sharp knife, mince everything together.

Gremolata is best used the same day, but can be covered and stored in the fridge overnight.

UC ANR is an equal opportunity provider and employer.

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.