



March 2013

Carrots



Elementary Nutrition Activity: Meet the Farmer of the Month DVD

OBJECTIVE: Increased familiarity with carrots. Identify local food system.

PREPARATION: Reserve the Farm to Fork: Carrots DVD from your school library.

If you are interested in learning more about California's production of carrots, reserve the Farm to Fork: Carrots DVD from your school library. In this DVD, meet California farmer Matthew Martin as he takes you on a journey to learn how carrots travel from the farm to you. Chef Richie Hirshen, from the Chefs Move to Schools Campaign, prepares a healthy stir fry recipe with local ingredients.

*For more information on educational resources, visit:
CSU Chico Center for Nutrition and Activity Promotion
<http://www.csuchico.edu/cnap>*

1. After viewing the Farm to Fork: Carrots DVD, share with students the following Home Grown Facts (reference list below).
2. On a California map, locate cities, counties and regions referenced in the Home Grown Facts list.

Home Grown Facts

- + California ranks first nationally in the production of carrots.
- + Carrots rank among California's top 25 agricultural exports and top three among vegetables.
- + Baby-cut peeled carrots account for more than 35% of California's carrot production and 70% of the total acreage.
- + Holtville, California is known as the "Carrot Capital of the World" (located in Imperial county).
- + Kern County is the state's largest producer of carrots with 75% of the state's acreage.
- + There are four main carrot-producing regions in California: Southern San Joaquin Valley/Cuyama Valley, Southern Desert, Central Coast, and High Desert.

Source: Harvest of the Month, Educator Newsletter; Carrots.



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