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Carrots

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USU Student Organic Farm

July 11, 2012
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Newsletter



A close-up of some swiss chard.

Veggie Feature: Carrots

Article by Jillian Cartwright

Carrots are the quintessential health food. When someone says they're going on a diet, undoubtedly you will be able to find a ziploc bag full of carrots stashed somewhere nearby at all times. Carrots seem to have become the poster child for eating healthy. Maybe it's because of their attractive bright orange hue, their portability in lunch boxes across the country, or even their high nutrient content. But I like to think that it's because of their flavor. I love that carrots are sweet, unlike many other vegetables. This sweetness pairs well with cinnamon, flour, sugar, and cream cheese frosting (of course!), but it also adds a sweet counterpart to other savory vegetable medleys. As with most other vegetables, I love my carrots best roasted.

After looking at the title of this "Veggie Feature" and reading so far, you may be wondering...where are my carrots? Well, they are still growing. They aren't quite ready yet, but we didn't want to miss out on featuring them in the craziness of the tomato and squash season. So here they are now, and with them a lovely recipe that I picked because it's perfect for fall and winter. Carrots store incredibly well, so when the snows come and comfort food is in high demand, this recipe full of spice will provide some much needed warmth and coziness.

Moroccan-Roasted Carrots with Cauliflower and Peppers

2 cups carrots, peeled and diced
1 small head of cauliflower, cut into small florets
1 red pepper, sliced
2 T olive oil
½ t cumin
½ t ground ginger
1/8 t black pepper
½ t cinnamon
¼ t ground coriander
1/8 t cayenne pepper
¼ t turmeric
1 T sugar
½ c raisins (golden raisins work well)
Salt to taste

Preheat oven to 400° F. Toss the carrots, cauliflower, and red pepper with the oil. In a small separate bowl, combine all the spices and sugar. Add spices to vegetables and toss to combine. Spread vegetables out on a baking sheet and roast for about 30 minutes or until vegetables are tender and begin to caramelize. Remove from oven and add raisins. Salt to taste. Serve either warm, cold, or at room temperature over rice.

Roasted Garlic

I heard a rumor that garlic is being harvested RIGHT NOW on the farm. Don't get too excited, it still has to dry out a bit before you'll get it in your shares, but I couldn't contain my excitement and had to share one of my favorite things to do with garlic. Roast it.

This method is quite simple, but it really changes the texture and flavor of garlic by making it soft, subtle, buttery, and a little nutty. To roast garlic, simply peel away some of the outer layers of skin, cut off the top and drizzle a few teaspoons of olive oil right on top of the whole head. Then, cover it with tin foil, place it on a pan (muffin tins work well, the garlic head fits right in), and roast at 400 degrees for about thirty minutes.

The final result tastes great mashed on bread, tossed in pasta, or mixed with mashed or baked potatoes. I'm going to toss mine into a lovely summer spinach pesto lasagna, I can't wait.

Article by: Amanda Spackman

On the Farm News

Announcements

There will be a food preservation class August 8 (bumped back a little from what we announced last week). The class is 5 dollars and you can sign up at the farm, or by emailing Organicfarm@aggiemail.usu.edu. More details will come when you sign up, we'd love to see you there. Food samples provided!

We love volunteers and would love to have CSA members come out and help out! Our volunteer hours run from 8am to 12pm Monday through Friday. If you would like to help with harvest, come on Wednesday or Friday from 7am to 10am.

Article by: Amanda Hawks Things are going well on the farm but it has been HOT! We're looking at coming earlier so that we can avoid the heat; we already come at 7 each morning, but maybe 6 would be cooler. Gotta start getting to bed earlier! Pretty much farm news includes weeding. There are so many weeds! Especially in the extra field where our pumpkins are growing. But it's good and keeping us busy. I was having a bit of meditative thought as I pulled weed after weed today. I was realizing how weeds, although seem like the enemy, actually provide a lot of good to a system. I'm fascinated by soil nutrition. Organic matter (plant matter composed especially of carbon) is very important to the overall fertility of a system. If we can pull the weeds before they go to seed, and leave their bodies to decay, all the nutrients they removed from the soil in growth will return, as well as all the carbon that the plant produced through photosynthesis. Sometimes farmers wish there were no weeds. But how dry and unusable would soil be, if these plants didn't provide that cycle of nutrients? There is still much I don't understand about soil nutrition, but in an almost spiritual sense, it was gratifying for me today to realize the balance weeds can provide to a system if treated, used, and thought of correctly.

Meet your Farmers

Name: Katie Jewel Peterson

Major: Horticulture

Hometown: Providence, Utah

Role on the Farm: On the Farm Intern



Why did you choose to spend your summer on the farm?

Um...I love growing things. Yup, that's why!

What is your favorite vegetable and why? Aw, man. Probably our peas. Because nothing is eating them, and they're not dying, and they're delicious.

What form of transportation best describes your personality? I've never tried it, but probably teleportation, that's me all around.

If you could be a superhero, what would be your super power and how would you use it to better the farm? It's kinda boring, but I would probably just have a lot of money so that I could buy everything that makes farming efficient, like Batman or Iron Man. I guess that doesn't count as a super power, but hey – it's real life!

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

Special Recipe: Using Sage

Here is an excellent dish from farm volunteer Shannon Babb giving you a tasty way to use the sage you got this week.

Herb Biscuits

- 2 cups self-rising flour
- 1-1/2 teaspoons fresh sage (or favorite herb), chopped or 1/4 teaspoon dried sage
- 1-1/2 teaspoons fresh thyme (or favorite herb), chopped or 1/4 teaspoon dried thyme

Preparation:

Preheat oven to 400 F. Spray a nonstick 12-cup muffin pan with vegetable oil. Whisk sage and thyme into the flour. Using a large dinner fork, stir in the mayonnaise and milk (or buttermilk) until combined. Do not overmix. Divide batter evenly into muffin cups. Bake in preheated oven for 12 to 15