

Carrots

This week I harvested the remaining carrots that I planted in the fall after picking and using them, mostly as fresh in salads or raw right from the garden, for the last two months. Here are some of the recipes I use to deal with these hundreds of remaining carrots. Both of these methods allow the natural sweetness of the carrots to shine through.

Roasted Carrots

Wash fresh carrots (no need to peel when right from the garden). Cut into 2" long strips. Set oven to bake at 375 degrees.

Mix with olive oil and dry Herbs de Provence from New Leaf Market. Arrange in glass baking pan and place in oven.

Add minced garlic and salt after first 15 minutes (also add fresh Rosemary, Thyme, and other herbs at this time if not using dry).

Stir every 15 minutes. Done in 45 min (note similar sized potatoes can also be roasted together with these carrots).

Grilled Carrots

Slice washed carrots long ways into either thirds or fourths depending on thickness. Coat slabs of carrot with olive oil, garlic powder, and seasoning salt.

Place flat on grill and flip after 3-5 minutes depending on how hot the grill is, making nice grill marks on carrot. Remove when tender.

Contributed by Anthony Gaudio, Sustainable Tallahassee, March, 2013