

Carrots

(Parsley family)



Seed Starting/Propagation:

Must be directly sown into garden soil when ground has warmed (last week March) 16 per square foot. Sow seeds in full sun and cover with a light layer of compost. Water gently. Carrots can take up to three weeks to germinate so be patient.

Care:

Keep the soil uniformly moist until the carrots have germinated, this may require more than one misting a day, do not over water though. When plants are 2-3 inches tall, water twice weekly, keeping soil moist.

Companions:

Leaf lettuce, tomatoes, peas, onions, leeks, rosemary, wormwood and sage.
Don't plant in the same spot as family members (celery, fennel, parsley, cilantro and dill)

Harvesting:

When $\frac{3}{4}$ inch in diameter they are ready to harvest. Pinch the tip pull right, left and then up.

Preserving:

Bottle, pickle, ferment, dehydrate (steam and puree then dehydrate) and blend into a powder for added nutrients.

Nutrients:

Antioxidants, minerals, vitamins, dietary fiber, carotenes, vitamin A, phosphorus, copper, calcium, manganese, potassium, folic acid, vitamin B-6, thiamin and vitamin C.
Nourishing for the skin and hair.